



RADIANT HEALTH

CONTRIBUTORS:

Howard E. Nix, B.Sc.

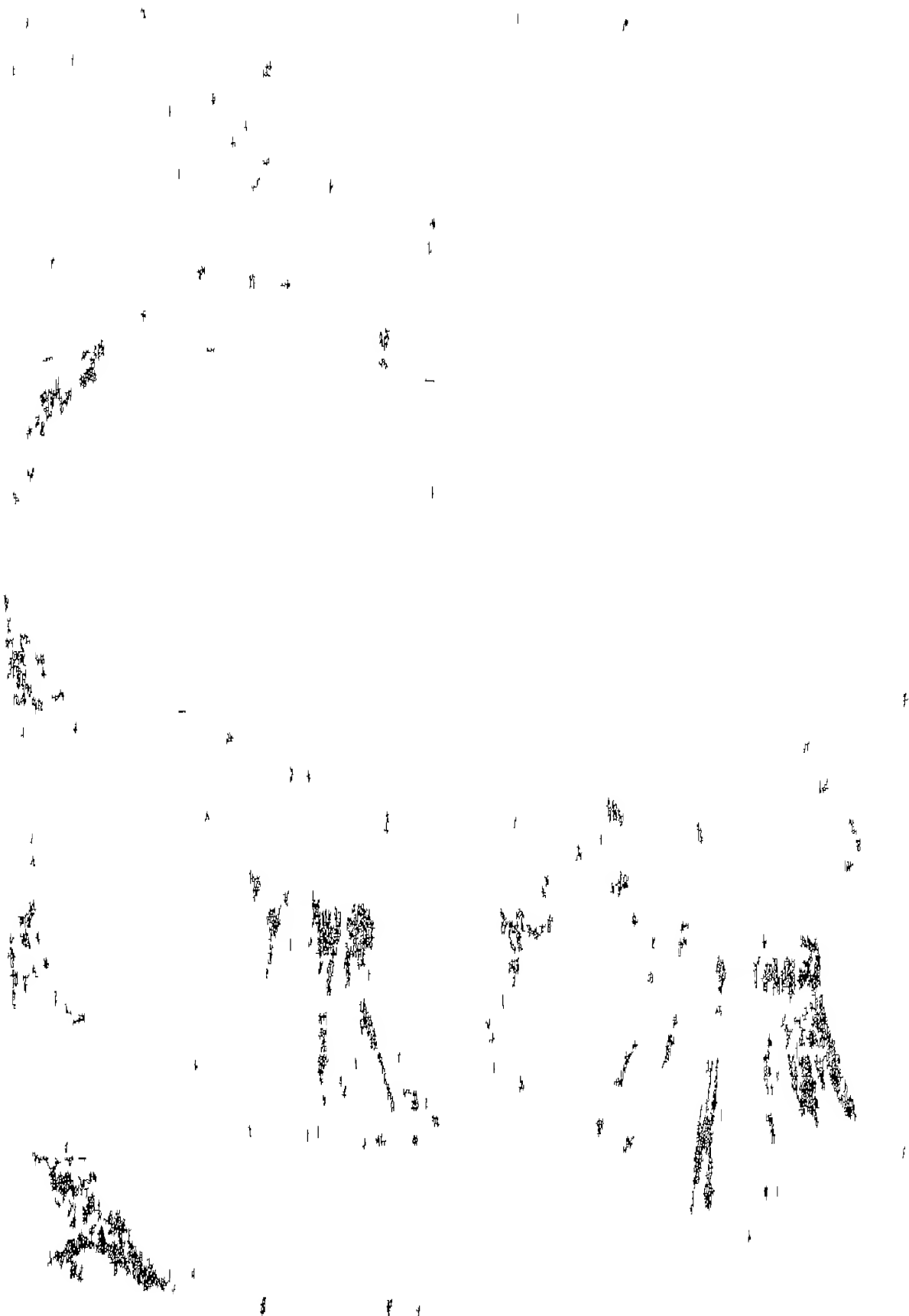
J. Ashford Hyde, M.D., F.R.C.S., D.T.M. & H.

Stanley B. Whitehead, D.Sc.

Arthur Huse, M.D., F.R.C.P., D.P.M.

Mrs. T. J. Bradley

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PREFACE

For various reasons the majority of people today do not enjoy radiant health. Many there are who survive the busy daily round in a spirit of noble endurance rather than one of zest and lively interest. They are not exactly ill, neither do they often succumb to any serious malady. They simply do not enjoy the physical radiancy which spells life with a capital "L." They readily tire. They lack stamina.

The reasons for this below-par condition are usually simple, and can therefore be easily remedied. In view of this, it is the purpose of this book to set forth the basic ingredients of radiant health. They include rest, exercise, sleep, water, sunshine, fresh air—all of which are freely ours for the taking. Most vital ingredient, of course, is that of food. Fortunately, radiant health makes no heavy or expensive demands in this respect. Virtually none nowadays, are unable to procure a sufficiency of the essential health-giving foods. This book is intended to be a guide in the important matter of eating, of food selection, and of food preparation.

Brief sections are devoted to such matters as temperance, and to a consideration of certain popular and pleasurable indulgences which actually are the unsuspected causes of much suffering.

Sound advice on the principles of mental health is likewise set forth, for much physical suffering is actually traceable to mental causes. Included also, is a word on the spiritual factor, which is coming more and more to be recognized as supremely important in the realm of mental stability and bodily health.

It is our conviction and sincere hope that the principles herein set forth, and the practical advice which is offered, will be read with interest and profit.

The contributors are all well qualified writers, who, in the course of years of medical service, or home catering, have proved beyond doubt the effectiveness and wisdom of the material which they have written.

R. D. VINE.

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Studio Lisa

There is this difference between the two temporal blessing—health and money; money is the most envied, but the least enjoyed; health is the most enjoyed, but the least envied; and this superiority of the latter is still more obvious when we reflect that the poorest man would not part with health for money, but that the richest would gladly part with all his money for health."—Caleb C. Colton,

1780-1832.

The Quest for Health

By Howard E. Nix, B.Sc.

HEALTH and peace of mind are among life's greatest treasures. Whatever our age or means, most of us may enjoy a fuller degree of physical health, and none need lack mental peace. Everyone holds the key. We shall endeavour to set forth certain basic principles which are necessary for the key to be used effectively.

The fact is obvious that on every hand we find suffering and disease. People are afflicted with all kinds of ailments, among which cancer, diabetes, and diseases of the heart and blood-vessels, rank high. Increasing demand is made on the hospital services. As we become aware of the prevailing condition, we might well ask. How can we avoid serious illness?

First of all, what is health? And what is disease? According to *Taber's Medical Dictionary*, health is "wholeness, a condition in which all functions of body and mind are normally active." From this we see that the normal, natural state is what we mean by health.

A "diseased" condition develops when we do not maintain health. Disease is the absence of health. Thus it is that in many conditions the physician combats disease not so much by concentrating on the disease itself, as by seeking to restore health.

It is recognized that the right approach to the problem of curing or avoiding disease, is to concentrate on restoring or maintaining positive health. For instance, a nurse is taught that she must give special attention to diet, cleanliness, fresh air, rest, and exercise. If she maintains her health in this way, she will be better able to endure the strain of attending the sick, and disease germs will be unable to flourish. Generally speaking, the same rules she follows in order to maintain health, the patient must follow in order to regain health—though he will need to adhere even more strictly to nature's rules during the period of restoration. Any injurious habits should be corrected, so that bodily health be restored to the point where disease germs are simply unable to flourish.

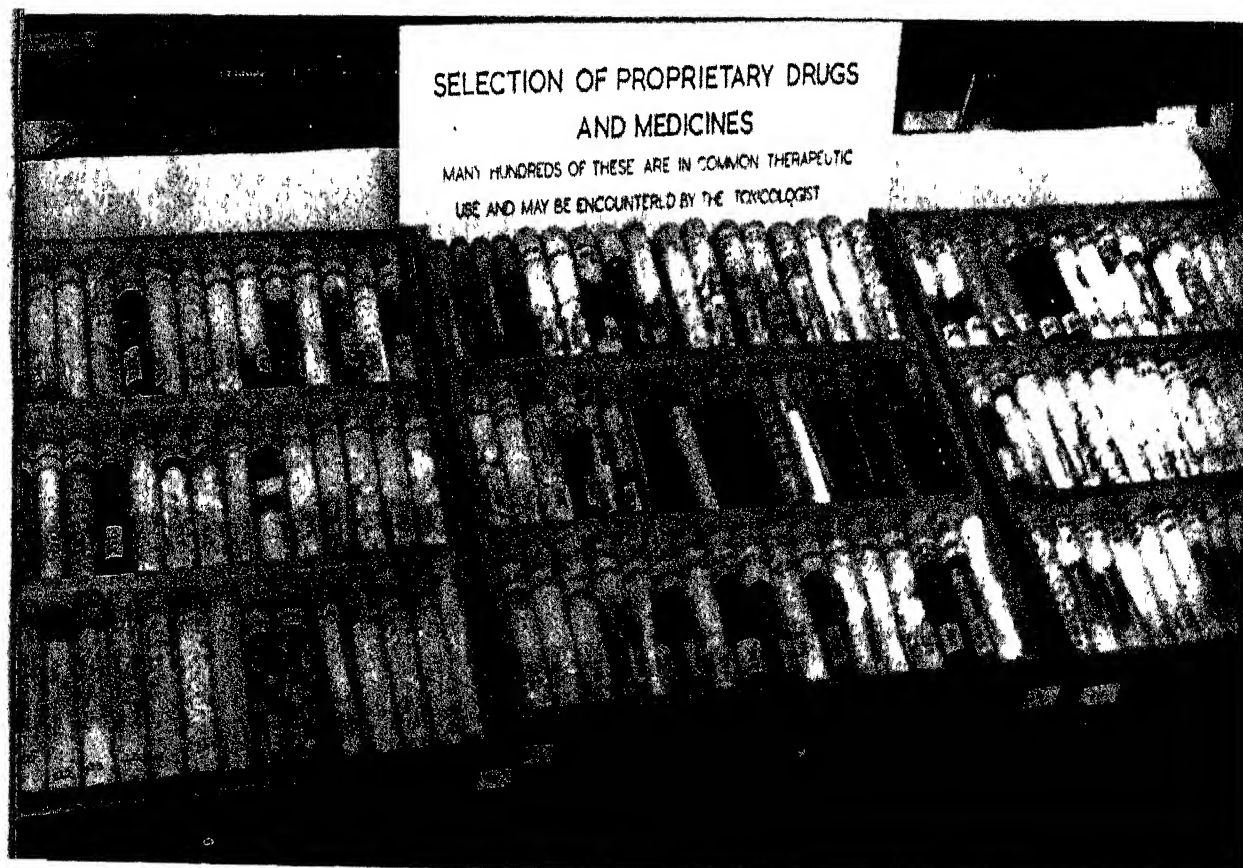
But how can we build up our health?

Proper Nutrition Comes First. The greatest single factor in promoting and maintaining health, is proper nutrition. Without it, disease is sure to appear. Right food forms the foundation for health. Poor food means poor nutrition, poor nutrition leads to poor physical structure, and poor structure spells ill health and disease.

There are many other factors to be considered, of course. These include: exercise, fresh air, proper clothing, personal hygiene, and mental peace. But we repeat, food is the greatest single factor. We shall consider the other factors in other sections.

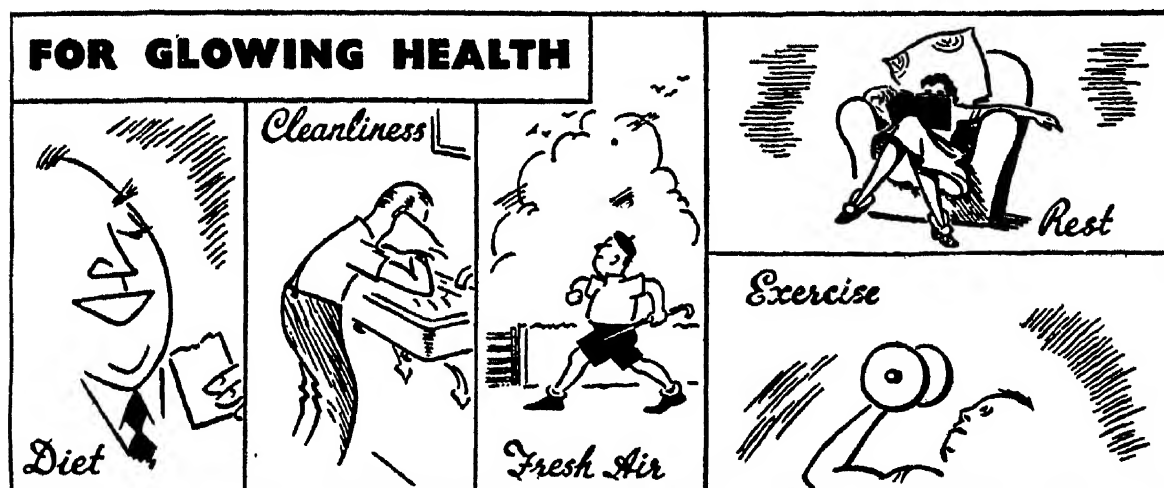
The blood nourishes every organ and cell of the body. If the blood is clean and pure, it will perform its work efficiently. But it is the food which nourishes the blood. If we eat poor food, the blood inevitably absorbs inferior nutriment which is distributed around the various parts of the body. For instance, if the kidneys do not receive the nourishment they need, they will be defective, and the person will be subject to kidney disease. Even the hair is affected. If it has not proper nourishment from the blood, it will be dull, listless, and brittle.

If one imbibes poisons by means of defective food or injurious habits, the blood will absorb them just as it will the minerals, vitamins, and other food nutrients, and then convey them to the various organs of our bodies. Though the body excretes by



The national drug bill would be reduced to insignificance if the body's simple basic requirements were met.

Keystone



normal avenues as much of this poison as possible, it sometimes accumulates in different parts of the body—such as the tonsils, and thereby diminishes our health. The poorer the food, and the longer the period during which the poor food is eaten, the worse are the results.

Disease generally, cannot live in a healthy body—it simply cannot find place in the body if the blood is healthy through proper food and right living.

Clearly then, anyone desiring radiant health must give attention to diet.

Principles of Proper Dietary. In choosing foods and planning diets, the emphasis should be, not so much on what we like, but on what is for the body's best good. Because taste alone is so often permitted to be the deciding factor, the essentials of balanced nutrition are missing in many modern menus.

The best evidence that in many cases the diet is not correct, is that victims of all kinds of diseases are improved mentally and physically when a radical change is made by switching to a high mineral and vitamin diet, or after taking mineral and vitamin concentrates, in order to catch up on past deficiencies.

Natural Dietary Best. The ideal for everyone of course, is a natural, unspoiled dietary. On this point it is worth while noticing that the ever-popular lunch sandwiches, when made with white bread, simply do not give proper nourishment. In some cases, an attempt is made to add to the refined, white flour, the elements of which wheat is robbed in the milling process. But food minerals and vitamins as already prepared by nature in fruits, grains, nuts, and vegetables, are better organized than synthetic or laboratory ones, and they are more readily used by the body.

Examples of Malnutrition. The people of Labrador suffer severely in the winter from scurvy and beriberi. This is due to the impossibility of obtaining fresh fruit or vegetables during this period.

The Indians of Western Canada enjoyed good health and old age until civilization spread to them. With the coming of the white man they traded their fish and furs for white flour, white flour products, and sugar. They referred to these things as "white man's food." They were delighted, but it was not long before they began to develop, for the first time, tooth decay, arthritis, and other ailments. Their energy was lessened, and their average life span was shortened.

The inhabitants of the Outer Hebrides, Scotland, were in excellent health until regular shipping began between them and the mainland. The Scots and English introduced to them sweets and cakes—products of white sugar and white flour. Naturally, the Hebrideans relished these new commodities; but before long, they began having tooth decay, adenoids, enlarged and diseased tonsils, arthritis, and tuberculosis. It was a new experience for them to suffer in this way.

These examples, which could be multiplied many times, underline the importance of a natural, unspoiled dietary, retaining the perfect balance of food nutrients which nature has provided.

Using Our Health Key How shall we start using our key to health. We should, of course, be careful to see that any changes which may be necessary are made gradually. A good way to begin a positive pursuit of radiant health is by making sure we have fresh, juicy fruit each morning for breakfast. Then for dinner, have a dish of raw, grated, or chopped vegetables together with the other items comprising the meal. Remember that fruit and vegetables are cleansing foods. They will help to keep the body free from impurities, and at the same time provide us with a rich supply of minerals and vitamins.



Natural Unspoiled Dietary

By Howard E. Nix, B.Sc.

For breakfast a juicy grapefruit is ideal. You can almost sense its wholesome effect right away. If you do not care for grapefruit, use oranges, apples, pears, or grapes. It is better to use only one kind of fresh fruit at a meal, and then, for variety, change the next morning. If you cannot get fresh fruit all the time, substitute dried fruit, stewed. Dried fruit juice diluted makes a nice early morning drink. If you vary the menus to afford variety, you will be having a balanced diet. Use prunes, figs, dates, raisins, apricots, or any dried fruit.

Cereal. We need some cereal or bread at breakfast. What points must be considered in cereal or bread?

First, it should be whole grain, or as near whole grain as possible.

It should be well cooked; or if bread, it should be thoroughly baked. Newly made yeast bread is difficult to digest, so it should be twenty-four hours old before it is used. There are three main kinds of bread—white, brown, and wholemeal. The latter is preferable.

Wholemeal toast, buttered when cool, is excellent.

Well cooked cereals, sweetened with dates or raisins, with milk added while they are still hot, are beautiful. Cereal should be eaten slowly to allow the saliva to mix with it.

Wholemeal flour beaten into boiling water and cooked a few minutes with salt, dates, and milk added is delicious. Bean flakes or wheat are very good.

Sugar and milk together tend to cause indigestion, so honey or dried fruit for sweetening is much better. Use only brown sugar.

An egg lightly cooked, not fried, is an excellent addition to breakfast. A few nuts may be used as a beautiful alternative.

Now for a Drink. Many people do not realize that tea is harmful. (See chapter 12.)



Radiant health is assured if a liberal quantity of fresh fruit is included in our regular dietary.

Studio Lisa

page 60.) A man once said to me: "My daughter does not like tea. It worries me. I tell her she must drink it." He was relieved when I assured him she was really better off without it.

Actually, meals are more healthful if taken without much liquid. The reason for this is that the digestive juices are diluted when much fluid is taken with meals; this causes the food to be slow in leaving the stomach, for all the fluid must be absorbed first. And if food remains too long in the stomach, it sours before digestion.

If a drink is taken, however, it should be a healthful one, such as Vecon, Postum, Dandelion Coffee, Fig Tea, Kwic-Bru, etc., and should be taken at the close of the meal. But let the amount be moderate.

People suffering from catarrh find that their trouble is aggravated by the use of milk. In such cases the milk should be diluted with a little water.

Dinner at Noon. A vegetable dinner at noon, instead of at the evening meal, is to be preferred.

It is ideal to begin with raw, grated vegetable, such as carrot or beetroot. Olive oil and lemon juice (half and half) make a palatable dressing.

Some, however, prefer to have the grated vegetable with their cooked vegetables. Mashed potato with grated carrot is a tasty and healthful combination. Have two or three vegetables, though not more than four, for dinner.

See recipe section beginning on page 83 for practical suggestions.

For variety, change from day to day. Lentils, peas, beans, and nuts are valuable for their protein.

If raw vegetables are included in the menu, a vegetable grater is a necessity, though some people prefer to chop instead of grate their vegetables. This is all right if the vegetables are chewed well. It is difficult to get children to chew raw vegetables properly, and many people do not have enough of their own teeth to do this. Hence the need of a grater.

Light Tea in the Evening. With a good breakfast at 7.30 a.m., a good vegetable dinner at 1 or 1.30 p.m., a small meal in the evening is sufficient. Fruit—dried, fresh, or both—a cereal such as toast, flakes, unleavened hot rolls, or reheated wholewheat yeast rolls (baked the day before), make an excellent tea in the evening. By having fruit fresh, or stewed dried fruit, one's thirst for drink is generally satisfied.





Studio Lisa

Whether baking or buying bread, it is wise to insist on wholesome wholemeal, instead of the devitalized white product.



In season, a diet of lettuce and tomato salad with wholemeal bread and butter is very palatable. It is wiser not to eat between meals, or to take supper at bedtime.

Example of Poor Diet. One of my patients once confessed to me: "I've always known I used too much sugar and salt, but I liked it, so I just continued with it."

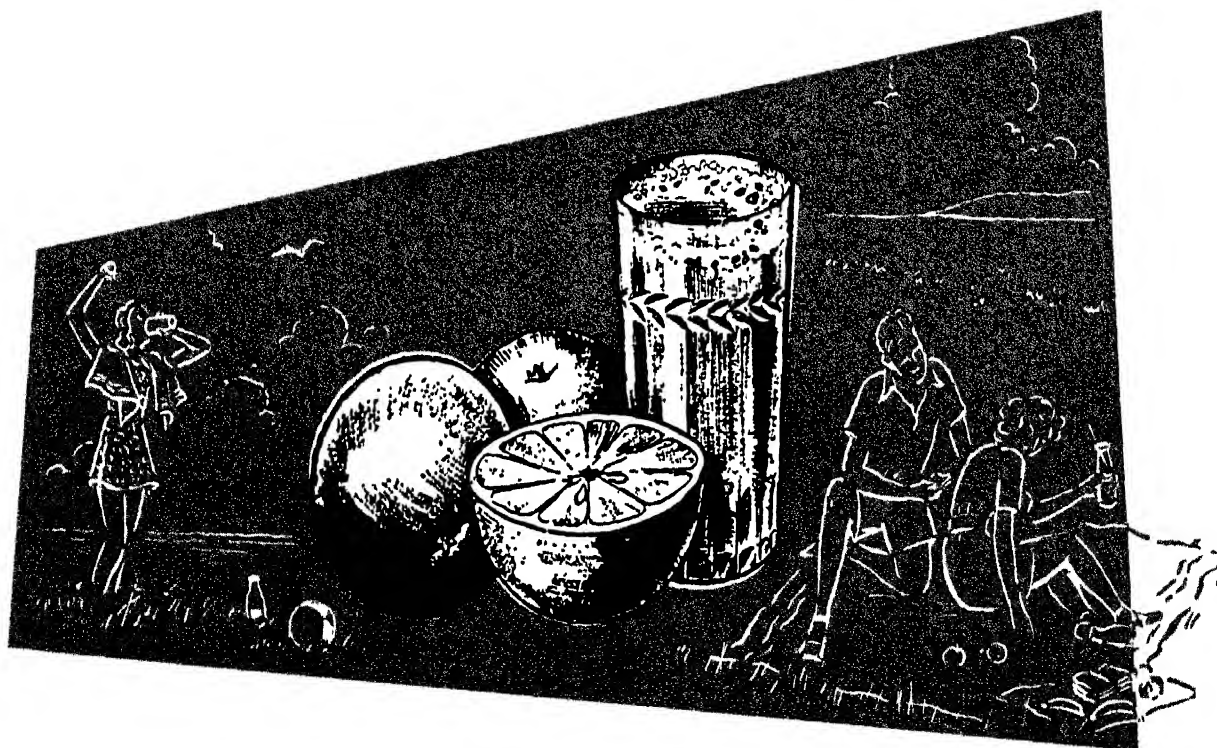
Such was his suffering that every step caused him effort. His face was pale, and his memory was bad. I suggested he substitute Vecon, a vegetable concentrate, for his cups of tea; that he reduce his sugar intake, and use dried fruit and honey for sweetening instead. Also he was to add fruit and salads to his diet. A week later I saw him again. There was a noticeable improvement.

"I feel very much better," he said.

Of course he was not cured, but just one week showed what the cause of his illness might be.

Natural Diet for Delinquents. Natural diet is now considered a vital part of the programme in some homes for delinquents. Authorities claim that rapid improvement results when the children are placed on a diet including fresh and dried fruit, raw vegetable salads, watercress, raw beetroot, raw carrots, raw cabbage, wholewheat bread, honey, and nuts. The children begin to improve right away, physically and emotionally.

The Salvation Army have led out in this work





Studio Lisa

"Sleep that knits up the ravell'd sleeve of care; . . . balm of hurt minds; great nature's second course; chief nourisher in life's feast."— Shakespeare.

Peaceful Sleep

By Howard E. Nix, B.Sc.

INSOMNIA is a characteristic malady of our age. The hurry and bustle of our modern world is unparalleled. Tension due to life's tempo, is everywhere evident. Because of life's exacting demands, there are growing numbers whose nerves stubbornly refuse to settle, and whose minds will persist in feverishly working long after the blessed oblivion of sleep should have brought rest and release.

There is no physical exhaustion to equal that which is emotional. If you are worried, anxious, or tense, or if you have quarrelled and feel in consequence that your world is black, you will be far more exhausted than the man who has laboured hard all day, but has mental peace.

Often the real need is just a few hours or a few days away in the country, where all is peaceful. Strange but true, however, is the fact that what is often needed by a tense, sleepless individual is not a change of environment, but a change of diet. It has been truly said that we are what we eat. If our diet includes foods which are natural, plain, well-balanced, and excludes the rich and irritating foods, we will have clearer minds and calmer nerves. If our evening meal is a light one, consisting for instance of only fruit and toast, our stomach is then able to rest at night with the other parts of the body. The blood is free to do its work of cleansing the organs of waste, instead of being called to the stomach, most of the night, to digest food.

Furthermore, we shall dream less and sleep more soundly if our stomach is able thus to rest.

Breakfast Important. Breakfast is a vital factor in healthful sleep. It should be one of the main meals of the day. It should be eaten calmly, and masticated well. We should rise early enough to avoid having to hurry with breakfast.

It is an essential health rule to eat a good breakfast with plenty of fruit and whole grain cereals or toast, a moderate amount of milk and, if possible, eggs. You will thus feel more able to cope with your daily work. The knowledge of work well done is, in itself, conducive to restful sleep.

But what of those who object that they have no appetite first thing in the morning? The simple and effective remedy for this is to have a small meal for the six o'clock tea. Thus the stomach is given proper rest at night. A few days of this, and a regular, healthy craving for a hearty breakfast results.

If we checked the actual food intake of many children for a day, we would not wonder that they are cross and rebellious when disciplined or checked. We would no longer wonder that they are restless at night, or cry out in their sleep. A child should never be forced to eat; but, of course, he should be required to eat vegetables before dessert, and usually no food is needed before dinner if breakfast is not desired. In short, regularity and a balanced diet are as vital for children as for adults.

It is surprising how many problems are automatically settled by having a well-balanced diet. Mental as well as physical problems have a direct connection with diet. A good diet means a healthy stomach, mental vigour, refreshing sleep, and a pleasanter disposition.

Exercise Necessary. Exercise is essential if sound sleep is to be enjoyed. Attention is wisely given by some to indoor exercises, such as those for reducing, or moulding the figure. Whatever their nature, exercises should be done before an open window, or better still, in the open air.

The best exercise is that taken outdoors in the form of play or work. A man with a sedentary occupation will do well to spend at least half an hour in the garden each evening.

Walking also is an excellent form of exercise. It should be a walk brisk enough to make the heart beat faster and lungs breathe more freely.

For the brain worker physical exercise is positively essential, otherwise too much blood will be called to the brain. He may feel he cannot take time to exercise, but in actual fact he cannot afford not to take it. With moderate exercise a person will sleep better, and be more able to face the next day with vigour.

It may be a comforting thought to know that if a person is relaxed he is resting even if he is not asleep.

Fresh Air at Night. To ensure sound sleep one should have fresh air in the bedroom, taking care to avoid draughts. Each day there should, if at all possible, be heat in the bedroom for at least an hour or two during cold, damp weather, to dry out the room. Remember that cold air is not necessarily fresh air.

Nothing will make a person relax, promoting a feeling of restfulness, like simple faith in the fact that God is caring for everything. He is the Author of true peace in the heart.

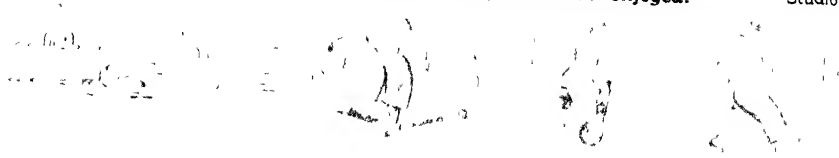
SIMPLE TREATMENTS THAT HELP

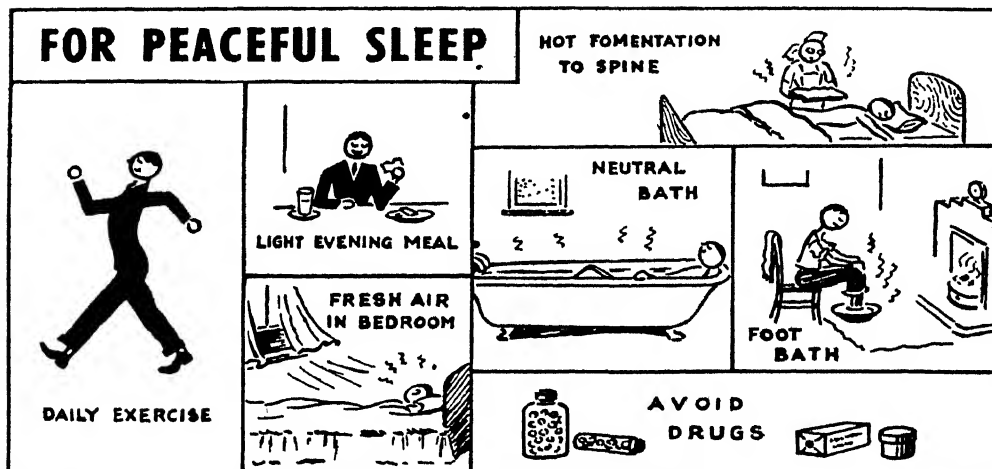
Neutral Bath. Fill the bath tub half full with comfortably warm water. Do not add more hot water unless it begins to feel chilly. Lie in this bath for twenty to thirty minutes before going to bed. This will help you to relax, and will undoubtedly promote a feeling of sleepiness.



Exercise is essential if sound sleep is to be enjoyed.

Studio Lisa





Foot Bath: Fill a pail two-thirds full of hot water—as hot as the feet can reasonably stand. Place the feet in the pail for five minutes, then pour a pan of cold water over them while holding them up out of the water. This will clear the head and chest of excess blood, and equalize the circulation. The hot and cold foot bath is especially good for brain workers and for people who worry a lot.

Fomentations to Spine. Hot fomentations to the spine are usually very helpful in combating insomnia. Procedure is to use heavy towels, or folded pieces of old blanketing, wrung out of boiling water. The wrung-out cloth should be carefully placed on the spine, and then covered with a piece of old blanket.

When wringing, leave the ends of the fomentation out of the water, so you can handle them. Apply these fomentations while the patient is resting in bed, and gently stroke the spine afterward. Make sure the feet are warm. This procedure often works when everything else fails.

So, if you are a sufferer from sleeplessness, check well your diet and health habits, and try these simple methods.

What to Do for

Colds and Influenza

By Howard E. Nix, B.Sc.

WHEN you feel the first symptoms of a bad cold in the head or of influenza, that is the time to take some eliminative treatment. Small chills run up and down your spine. In nature's process of throwing off the cold there is sneezing, an upset circulation, internal organs congested with blood, and cold hands and feet.

A hot foot-bath continued for ten to fifteen minutes, while you are wrapped up in warm blankets, will draw the blood to the feet. Drink several glasses of hot water, or hot lemonade, to produce a good sweat. Then dip your feet in cool water, and dry them quickly. Take a cool sponge bath quickly, and get into a warm bed.

Your diet should be very light for a few days, consisting of fresh fruit, juices, wholemeal toast, and possibly a poached egg.

Check well your diet and health habits if you are constantly subject to colds or 'flu, for there is usually a reason which can thereby be discovered. The blame cannot be placed entirely upon the person who coughed in your face. Remember that, as a general rule, disease germs simply will not flourish in a body which is really fit as a result of proper habits.

Improper Clothing Tends to Invite Colds. If your legs are not warm enough and the chest is overclothed, the blood circulation will be unbalanced. The chest will have more than its share of blood while the blood is chilled away from the legs and feet. This is a direct invitation to chest and head colds.

It also invites stomach and abdominal disorders due to the congestion of blood there. Thus we can appreciate the reason for such excellent results from a hot and cold foot bath. It draws the excess blood to the feet.

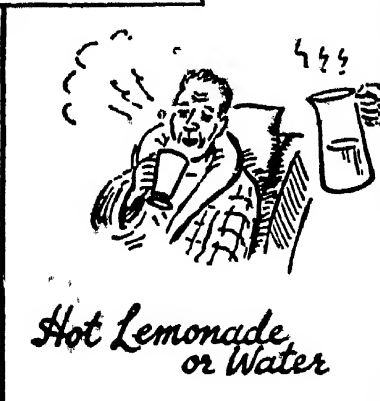
Often a sore throat accompanies a bad cold or the 'flu. A hot gargle—consisting of one teaspoonful table salt and one teaspoonful lemon juice, in a glass of hot water—every fifteen minutes for an hour or two, then as needed, is good. Sometimes the irritation is caused by a continual dropping of mucus down into the back of the throat. The gargle may relieve this.

A throat compress is good. Wring two thicknesses of old sheeting from cold water, and place around the neck and throat. Cover this with two thicknesses of woollen

IF COLDS COME



Hot Foot Bath (10-15 mins)



*Hot Lemonade
or Water*



Warm Bed

material, and pin comfortably tight. Leave on all night. In the morning it will be dry, or nearly so. This often gives great relief from the soreness.

Enema Advisable. In cases of cold and 'flu, almost without exception, an enema will speed up the cleansing process.

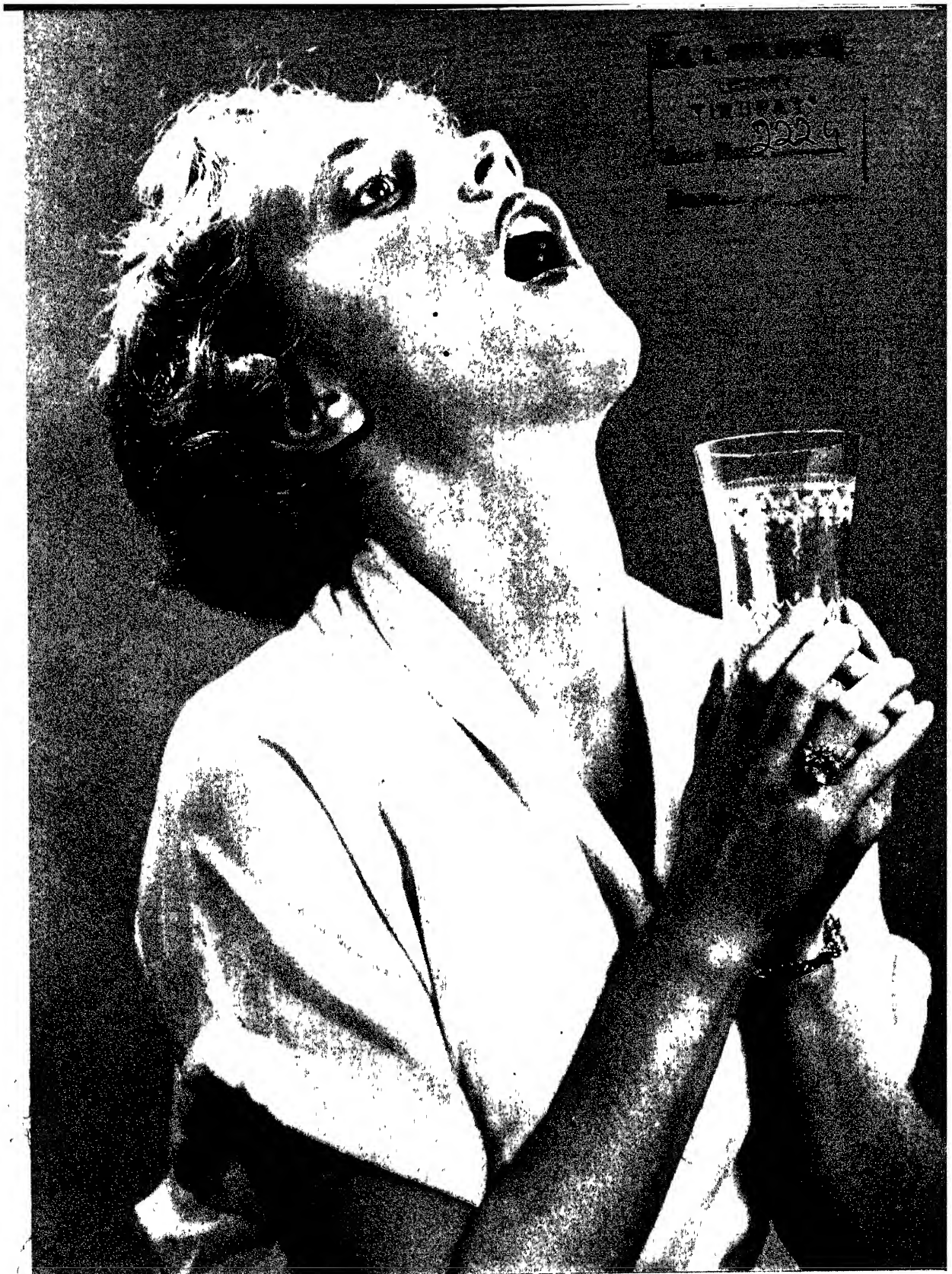
Especially in children, an enema is most desirable. You will nearly always find the stool foul smelling from the enema, which shows there is putrefaction there. Quite often when a child has a slight fever, or the beginning of a cold, or when he vomits a meal, an enema given immediately will clear up the trouble. Let him miss one or two meals, but let him have unsweetened fruit juice if he feels very hungry. If you give an enema, you may see no more of what otherwise would have been a serious upset lasting for several days.

Procedure for Enema. For those not familiar with the enema procedure, we include it here. At a chemist or surgical supply shop an enema can, or bag, with tubing and tips, may be purchased. Fill the can with lukewarm water. Rub vaseline on the enema tip. Insert the tip carefully in the rectum. Let the water run fairly slowly by holding the can about a foot above the patient. It should take at least five minutes for the water to run in. Use about one quart of water for adults, proportionately less for children.

For small children, you could sit on a low stool and let the child lie on your lap with his hips on the edge of the toilet. Be sure to place a folded towel under his hips, otherwise the pressure on the lumbar bones will cause pain. Hold both ankles with your left hand, and carefully insert the tip. You can get rubber tips or large catheters for very small children. Let the water run fairly slowly for a minute or so, then let the child sit on the toilet.

Fomentations to Spine. Hot fomentations to the spine are a wonderful help in cases of cold and influenza, and indeed in nearly any illness. (For procedure see page 26.) After the hot fomentation, give a brief rub with a cool towel, except when the fomentation is given to induce sleep.

So if you have a bad cold or influenza at any time, rest as much as you can, and assist Nature in its work of throwing off the impurities from your system.



Studio Lisa

*A sore throat, which often accompanies colds, may be relieved by periodic gargling.
(See page 27.)*

Vigorous Circulation

By Howard E. Nix, B.Sc.

THOUGH we are continually hearing of new medicines and new tonics, few are more health-promoting or invigorating than the cold water tonic. It is a tonic which has been in use for hundreds of years, yet it is new to most people today. It is suitable for almost everyone.

The best time to take it is on a warm summer morning when you are feeling your best; but you may start even in January, if you follow the directions well.

No-one whose body is not thoroughly warm, or who feels chilly, should take any cold water application. This rule should never be transgressed.

Water Tonic for the Healthy. Have the bathroom or bedroom warm to start with. It is good to take your tonic when you rise, so that you will be really warm from having been in bed.

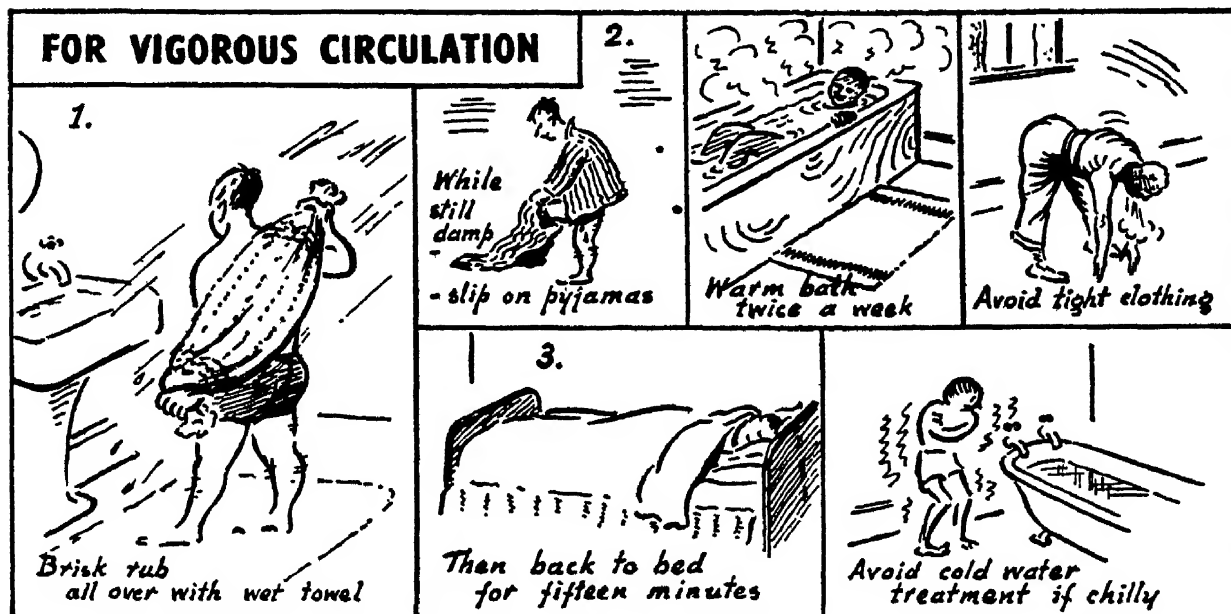
The whole-water tonic is for the whole body which should be washed *very* quickly. Exclude the head, but include the face and ears. Use a coarse, rough towel, dipped in warm water, but gradually using cooler water after the first two weeks until you are able to use it completely cold. The towel should, of course, be wrung well out before use.

Wash the chest, abdomen, back, neck, ears, and face. Quickly wring out the towel, then wash the arms and legs. Slip on your pyjamas and jump back into bed for fifteen minutes until you are warm and cosy. This procedure of not-drying has a grand effect, but should not be used more than twice a week. It is a powerful stimulant.

If your time is limited, however, take the milder form. It is the same procedure, except that you dry yourself with a rough towel, and then dress quickly instead of going to bed damp. This milder treatment may be used daily.

Remember that this tonic does not need to be taken when you rise. Any time of the day will do. But be sure you are thoroughly warm on starting, and warm again after vigorous rubbing.

Water Tonic for the Sick. The main point to be observed in the water tonics for the sick is that no part of the body, even the soles of the feet, be neglected, but that the entire surface of the body be touched quickly and equally by the water.



Let the patient sit up in bed, or, if very weak, be supported by someone. Quickly wash and dry the back all along the spine and shoulders. This is done in a few seconds, and the patient may then lie down again. Wash the chest and abdomen, face and neck, and cover the patient immediately. Then, uncovering one arm at a time and one leg at a time, complete the wash. With the mental co-operation of the patient, this procedure may be accomplished quickly, and will help to equalize his circulation, and so hasten his recovery.

If a person is seriously ill, two or three partial washes may be applied. For instance, wash the arms and chest in the morning; and then in the afternoon wash the back and feet. Alternatively, you may wash the chest in the morning, arms and legs at noon, and the back at night.

A quick, careful wash will never do any harm, even if the water is quite cold; but one may start with lukewarm water, and gradually make it each day a little cooler, until quite cold.

The Warm Bath. Ideally, a warm bath should be taken twice a week for cleansing purposes, for the pores of the skin tend to become clogged, and the skin is consequently hampered in its task of throwing off impurities.

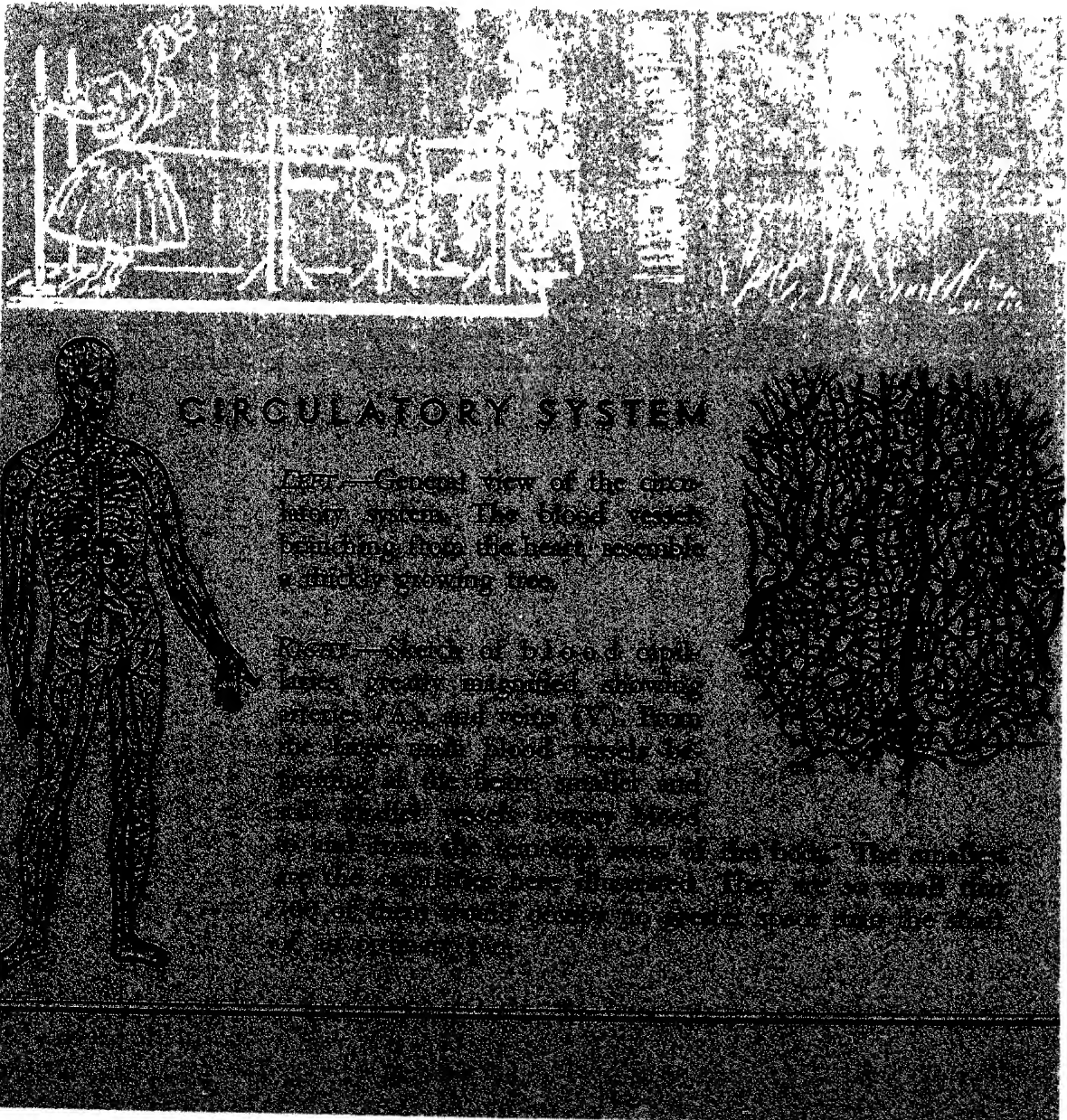
After a warm bath, one should take a quick cool wash to close the pores of the skin. Too many warm baths, without the cool afterward, tend to relax the body too much.

Clothing. Clothing is an important factor in vigorous circulation. Next to the skin, it is preferable to have cotton underwear rather than wool, as wool does not absorb the perspiration and impurities from the skin as well as cotton does. Cotton

therefore, most readily assists in its work of body-cleansing, thereby keeping the circulation strong.

No straps, garters, belts, or any article of clothing should be tight. A tight strap over the shoulder will slow the circulation down in the arm, creating a tendency to rheumatism in that arm. All clothing should be loose. Nothing should be a weight to the hips. Tight corsets should never be used except for a short period, and then only by prescription of your physician. They are a hindrance to proper circulation and good digestion.

If you try these simple measures, you will never need a second recommendation. Their beneficial effect is sensed immediately.



Simple Remedies for Common Ailments

By Howard E. Nix, B.Sc.

IN every illness or discomfort we should check well our diet and health habits. We must make changes where changes are necessary. General health is a major factor in any trouble. Then we may try some simple home treatments for relief.

Anæmia. There are many cases of anæmia. Most victims never see a physician. They realize they are not up to par, but do nothing about it. They could use the cold-water tonic with great benefit. (See section on "Vigorous Circulation.") They should rest after dinner for half an hour. Their food should be eaten regularly, and in moderate amounts. Yeast extract should be used daily.

The following foods are particularly indicated because of the high iron content in them: Whole wheat, bran, figs, dates, prunes, greens of all sorts, molasses, almonds, whole barley, beans, a raw egg beaten up in a glass of unsweetened grape juice daily, and peas.

Hot and cold fomentations to the spine daily are especially good for anæmia.

Appendicitis. This may be due to infection spreading from the colon to the appendix. In the majority of cases the chief source of the infection is flesh meats, white bread, and white flour products. A person subject to appendicitis must adopt an alkaline fruit and vegetable diet, making sure to include fresh fruit and vegetables daily. He should never overeat, and must avoid constipation.

Catarrh. A simple non-irritating diet composed of plenty of fresh fruit and vegetables, is a great help in catarrh. Take meals fairly dry, and when milk is used, dilute it with twenty-five per cent water. Follow the regular health rules in diet and exercise, fresh air, and water drinking. Avoid refined cereals and white sugar. Do not overeat, and do not eat a large meal in the evening or just before going to bed.

Chilblains. Keep the legs *warmly* clad. Take a hot and cold foot-bath every night

in winter if you are troubled with cold feet. Use a healthful diet with four glasses of water daily between meals. Always avoid rich or refined foods. General health and warm hose are the greatest factors.

Constipation. A person on a plain, well-balanced, alkaline diet including fresh fruit, fresh vegetables, and wholemeal bread daily, will not usually suffer from constipation. The food, taken at regular intervals, should be eaten slowly, masticated well, and taken comparatively dry for best results. Often constipation is caused by the individual taking more food than is really required to keep his body running smoothly.

A teaspoonful of olive oil taken with each meal will act as a laxative, and improve digestion.

Four to six glasses of water should be taken daily between meals. This allows the kidneys to do their work well, and aids the bowel elimination. Out-door exercise with deep breathing is an aid to good elimination. A brisk walk with the shoulders back and the lungs well filled with fresh air has a tonic effect.

Visit the toilet after each meal, even if there is no call. This stimulates the muscle action of the intestines, and is helpful even if no results are obtained immediately. If a laxative is taken, it should be in the form of some simple herbal preparation taken at bedtime.

An abdominal compress is most helpful. (See page 36.)

Diarrhœa in Babies or Children. Many a baby has lost its life through diarrhœa. If the mother had known just what to do when it first began, the baby might have been saved. Sometimes one cannot get a doctor immediately, and it is well to know what to do.

Bring a kettle of water to the boil. Make a thin gruel with cornflour which has been previously stirred in a little cold water. Give an enema of this once to four times a day, for a day or two, depending on the severity of the case.

Give the child small amounts of barley gruel often, if it is inclined to vomit. Omit the milk for one day, or most of the day.

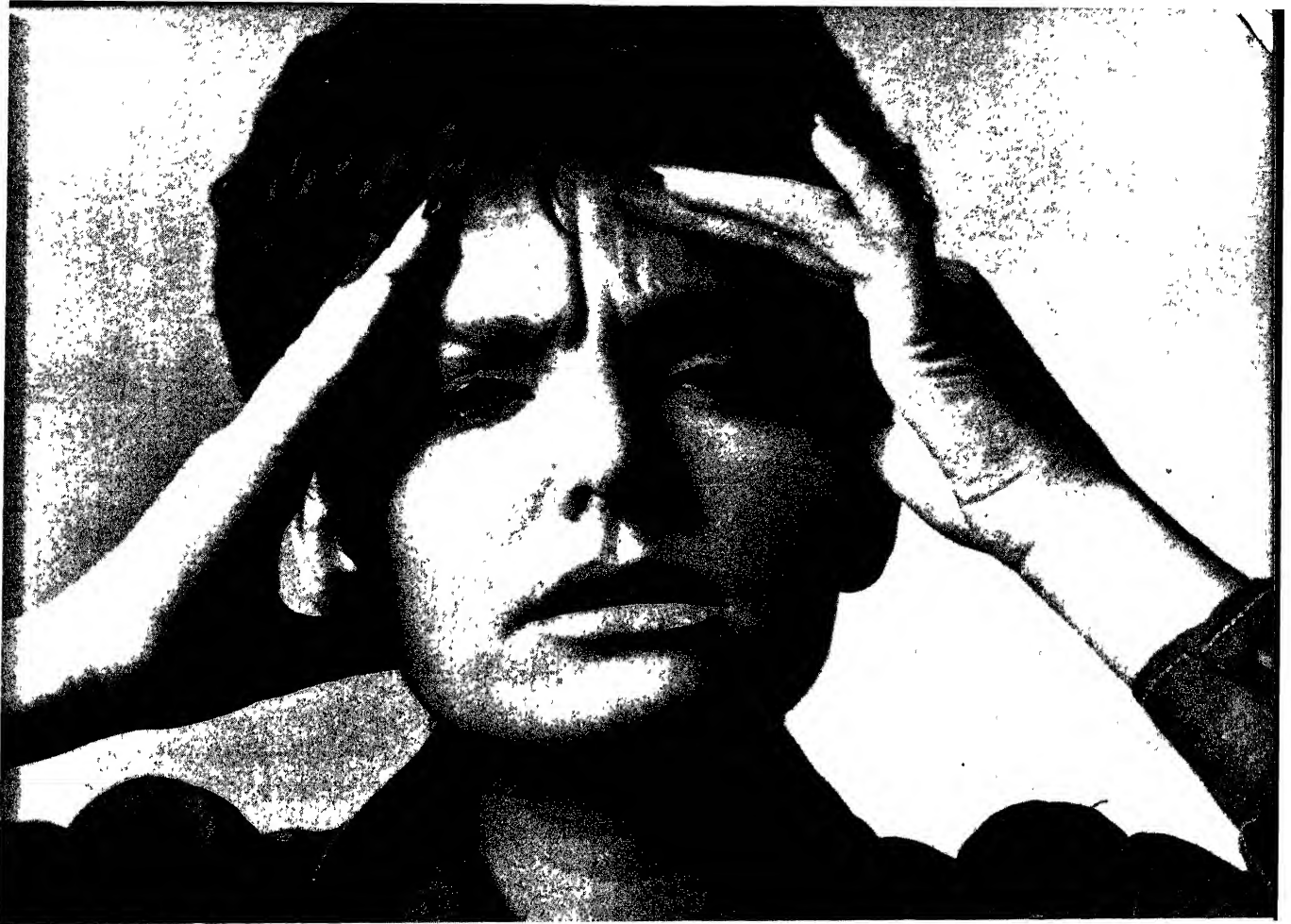
Give a few spoonfuls of blackberry juice. If it is a simple case it will respond in a day or two.

Whenever possible, and for safety, however, a doctor should be called promptly should the child continue for more than twelve hours with frequent stools.

Drug Habits. The very first thing to do when desiring to clear the body of any health destroying habit, is to correct the diet, and drink more water.

As the body becomes less toxic, the desire for drugs or stimulants of any sort, will lessen, and the person's will-power will strengthen. If one truly wants to be free from any strong habit, he must obtain help from his Creator and do his part by obeying Nature's health laws. In the case of sleeping tablets, it may well be that when the general health improves, the need for the tablets will disappear. A hot sweating treatment such as described for 'flu is a good beginning. Then use only unsweetened fresh fruit juice for two or three days. After that, adopt the diet as given in chapter two.

In any ailment, Nature will do her best to restore if not hindered by wrong habits. The process may be slow, for "Nature hastens slowly, but does her work well."



Studio Lisa

The common headache, which may prove so distracting, can be relieved by methods other than the popular pain-killing drugs.

Headaches. There are simple treatments that often help, thus eliminating the need of resorting to pain-killing drugs. If headaches come often, it is almost certain that the body needs cleansing. For one or two days each week for a few weeks, only fresh fruit should be eaten.

Plenty of fresh air and exercise are needed.

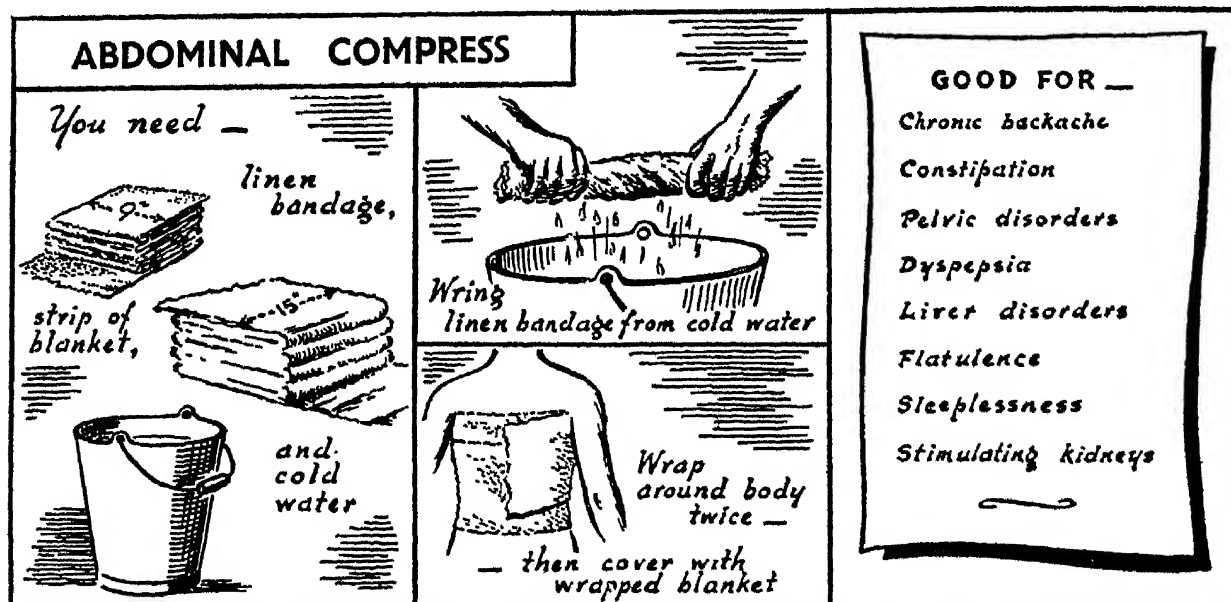
A hot and cold foot-bath (hot three minutes, cold half a minute, with four changes) will help to relieve the congestion of blood in the head.

When, for various reasons, some people have to hurry, they develop what is known as a tension headache. Often having someone gently to rub or massage the neck, spine, and feet, will release the tension, and relieve the headache.

It is important to see your physician if you have reason to suspect any serious cause.

Constipation is often a cause of headaches. Remedies for the relief of constipation are given elsewhere.

Rheumatism. A good means of controlling this troublesome complaint is to reduce the food intake by a third for a week or two, and then repeat this treatment at intervals.



Honey and wholemeal flour products should be substituted for the commonly used white sugar and white flour products. Tea and coffee, alcohol and tobacco, will aggravate if not cause rheumatism, and should therefore be dropped. Never over-eat, but make sure the diet is an alkaline and natural one. Avoid constipation.

Be as free from worry as possible, as rheumatism and emotional upset often go together. An abdominal compress at night is excellent.

ABDOMINAL COMPRESS

ARTICLES needed include a linen bandage eight or nine inches wide, and long enough to pass around the body twice; a piece of wool, flannel, or old blanket, three or four inches wider, and as long.

Procedure.—Wring the linen bandage from cold water. Wrap it around the body (nipple line to hip joint) twice, and pin comfortably tight. Wrap the woollen piece around twice, covering the wet linen one well. Pin comfortably tight. Leave it on all night. One may start with tepid water, and gradually make it colder until regular tap water is used.

Effects.—The moist abdominal compress is a wonderful congestion reliever. It lessens irritation in the stomach and abdomen. It is especially valuable in dyspepsia, constipation, liver disorders, many chronic pelvic disorders, chronic backache, and heaviness across the abdomen where the discomfort is not in the pelvis. It stimulates the kidneys, aids in cases of stomach prolapse, and flatulence. It is valuable during pregnancy, especially during the later months. Often it is used with great success for sleeplessness. The patient must be warm when it is applied, and warm again within one hour. If one has difficulty in warming up, try one thickness of linen for a few weeks then return to two thicknesses.

Emotional Upsets and Worry

By Howard E. Nix, B.Sc.

PROPER nutrition is undoubtedly the greatest single factor in the promotion of health. But the emotional factor is almost as great. Dr. Alexis Carrol, the Nobel prize-winner in medicine, said: "Business men who do not know how to fight worry, die young."

Worry and emotional upset will make anyone ill. Just worry for an hour in the morning, and you will need to go to bed later in the day for two or three hours to recuperate.

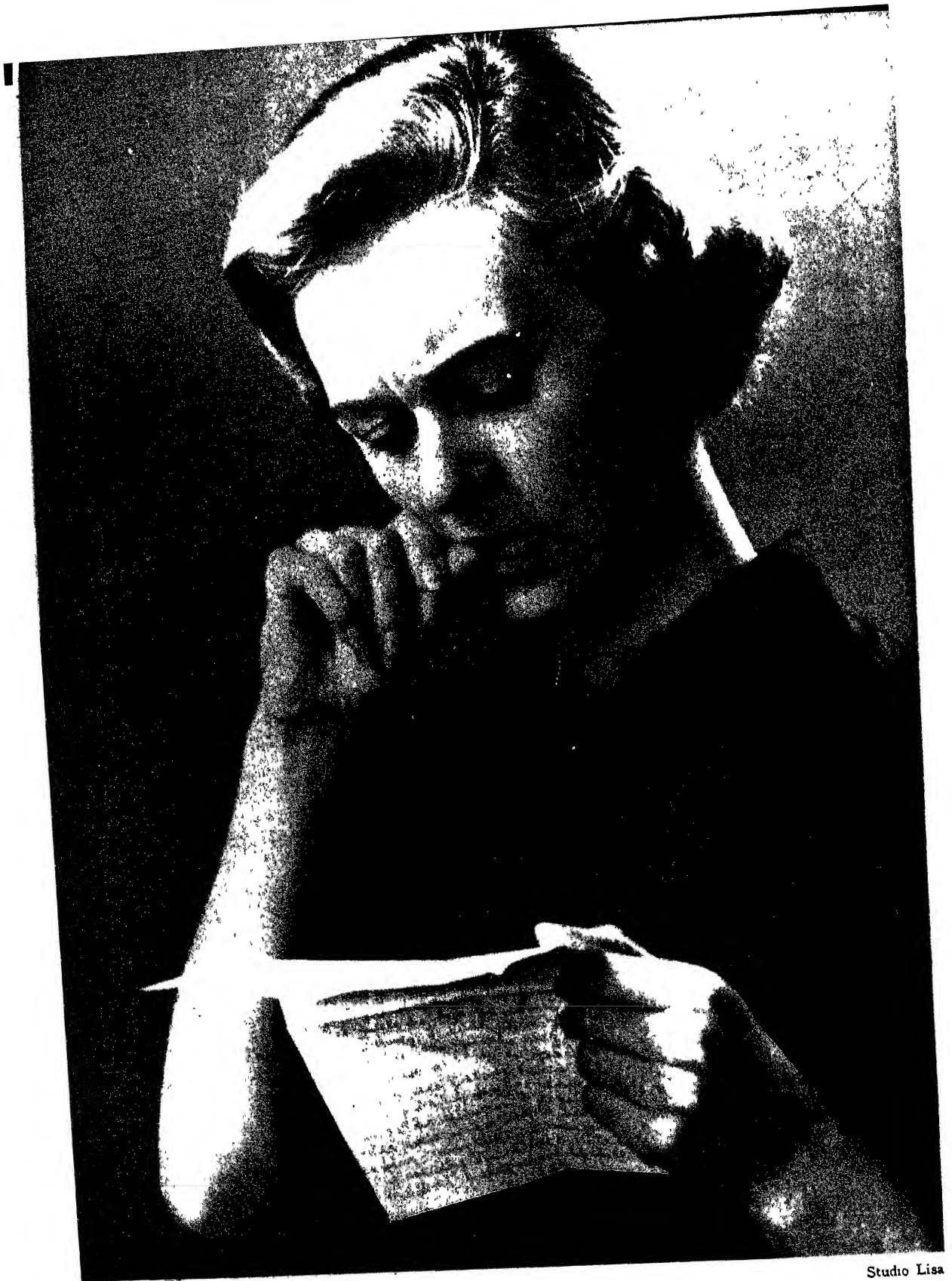
What a relief it was during the last war when air raid sirens sounded the "All Clear." Nerves were immediately relaxed, but the ensuing feeling of physical weakness was often very evident.

The emotions have very definite physical results. Worry can actually result in disease which is just as real, and may be just as fatal as that which results from poor food. Arthritis, rheumatism, heart disease, goitre, diabetes, stomach ulcers, cancer, can all be caused by emotional upsets.

I knew of one case very well. The person was a great sufferer, and for twenty years she was in bed more than out of it. She had come from a tranquil childhood home. She was married at an early age to a stern, determined man of twenty-three. For a few years she let him rule supremely, but finally made a stand against him. Then began daily quarrels. The continual nervous and mental strain of it all caused her to develop colitis. Her physical suffering ultimately required five major operations, and caused a nervous breakdown.

Then her husband died, and in a few years she remarried. What blissful happiness, kindly words, and peaceful evenings she now enjoyed. She had no colitis, no nervousness. She said she had never felt better in her life.

Then *they* began to quarrel and her nervousness, her colitis, and other troubles too, returned almost immediately. She thought her physical troubles must be due to the poor drinking-water in her new town where she lived, and felt she must leave



Studio Lisa

U.S. President James Garfield once testified: "I have had many troubles in my life, but the worst of them never came."

for a few months' rest. She felt decidedly better after the first two days in a holiday centre. The cause of her illness was obviously emotional.

Old Dr. Jones was laughed at by the younger doctors and the nurses when he prescribed for his nervous patients: "Four glasses of water per day; vegetarian food with salads and fruit; and a mild laxative or enema."

Then for the really effective treatment, he would visit them every day, and let them tell him all their troubles. When they had finished he would pat them on the arm and say, "Now let us have a word of prayer." They were thus emotionally relaxed and at ease, and actually felt better.

He still had appreciative patients even when he had become so forgetful as to listen to all their troubles, and then come back a little later to visit them again with: "Well, and how are you this morning?"

Patients came from long distances to see him. Many of these were hungry for understanding, and were emotionally upset because they thought no-one was interested in them.

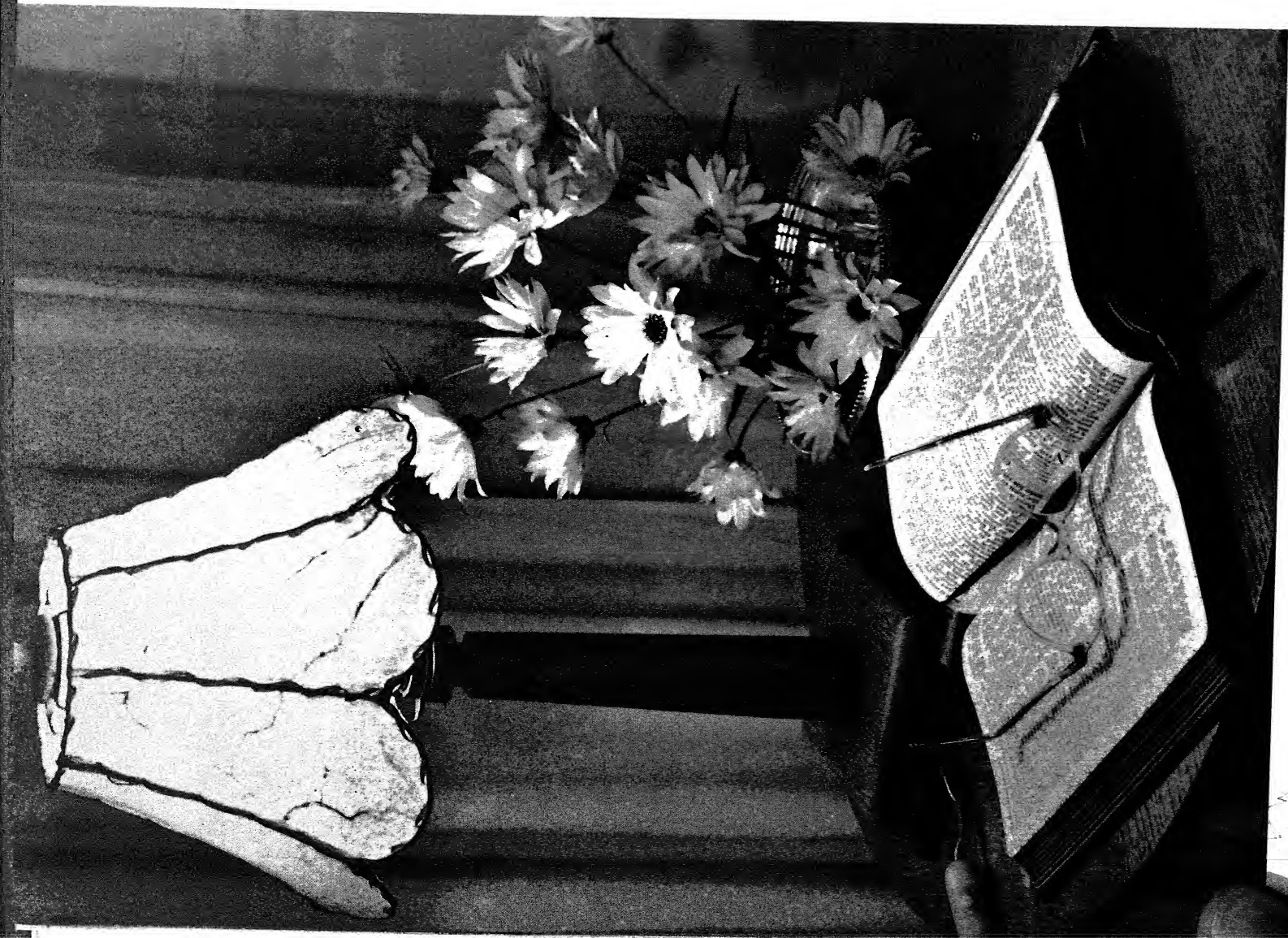
Maintaining emotional balance and inner calm is an all-important factor. While understanding physicians and healers can be a help in this respect, the most effective means is at the free and ready disposal of everyone. This is prayer. We should take time to kneel down and ask God to guide us. Then we should write out our worries, and also a statement regarding what we can do today about them. If nothing can be done today, then clearly it is tomorrow's problem: "Sufficient unto the day is the evil thereof." Then write down what can be done tomorrow. If we have done all we can, and then ask God to do the rest, we may safely relax. If there is absolutely nothing we can do about our worries ourselves, we should ask God to solve them in His way—and He will.

Daily programme. One thing that helps to defeat anxiety is to make a daily programme, and follow it as closely as possible. Do first things first, but take time to decide what is important enough to be done today. Allow a certain amount of time for each thing, or group of things.

If your physician says you must exercise more, include it in your daily programme and do not begrudge any moment spent taking that walk. Convince yourself you have nothing to do for twenty minutes now, except enjoy your walk. Notice everything beautiful, fill your mind with peaceful thoughts, and let the worries wait their time. Make your daily programme full enough so that you will not have time to be idle.

Have Plenty of Interests. It is good to have at least one hobby. It may be reading, studying, learning about wild flowers, trees, butterflies, or ferns, it may be stamp-collecting, or any one of hundreds of others. It is ideal to have several interests. If, when you are left alone, you are completely bored, it is a clear sign that you need more interests.

I knew a patient once whose deepest love was for only two things—her friend Jack, and horse-racing. Her mother, unfortunately, did not like Jack, so she did her



Studio Lisa
As a pacifier of troubled spirits, and a fortifier of distraught minds, the Holy Bible has
a potency which is unquestionably unique.

CHOICE BIBLE SELECTIONS

—Favourite Psalms: Psalm 1, 8, 15, 19, 23, 24, 27, 30, 34, 37, 40, 42, 46, 51, 73, 84, 90, 91, 100, 103, 104, 105, 106, 107, 119, 121, 130, 145.

—Christ's Sermon on the Mount: Matthew 5, 6, 7.

—Friendship: 1 Samuel 20.

—Gideon's Band: Judges 7.

—The Most Important Virtue: 1 Corinthians 13.

—Life's Beginnings: Genesis 1 and 2.

—Paradise Lost: Genesis 3. —Paradise Regained: Revelation 21 and 22.

—The Rule of Right: Exodus 20:1-17.

—Heaven: Isaiah 35.

—The Prodigal Son: Luke 15:11-24.

—Reconciled to God: Romans 5.

It has been said that:

—The most comforting chapter is Psalm 23.

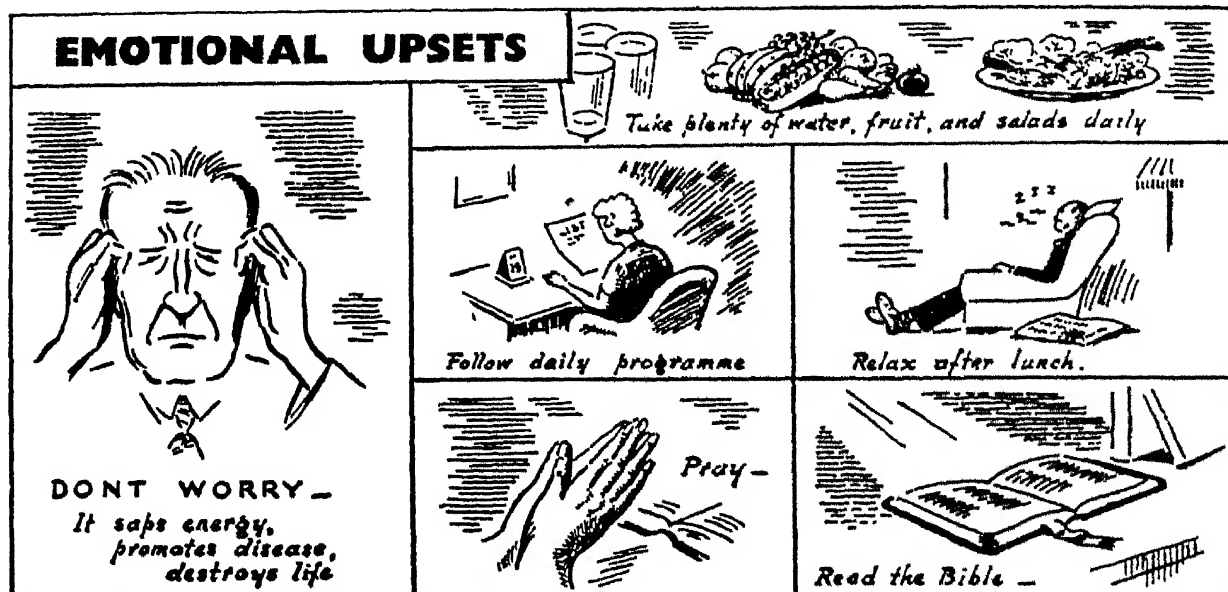
—The four most inspiring promises are John 14:2, John 6:37, Matthew 11:28, Psalm 37:4.

—The grandest chapter to read is Acts 26.

—“To say nothing of its holiness or authority, the Bible contains more specimens of genius and taste than any other volume in existence.”—*W. S. Landor.*

best to break the friendship and refused to let him into the home. Physical reaction speedily set in, and soon the girl was obliged to spend much time in bed with terrible head pains. She even lost interest in herself, not bothering to shampoo her hair, or brush her teeth.

To be emotionally balanced, we must have plenty of interests. Failure in this respect is often seen in young married couples. Once we visited some friends of ours who, as we learned during the course of our conversation, were having difficulties. First Mary told her story. “Harry is gone all day at business,” she said. “I spend the day thinking of him and preparing his favourite dishes and cleaning the house, just living for the time when he will get home at six. What do you think he does when



he gets here? Why, he just sits down and reads a newspaper all evening and never says a word."

There were tears in her eyes. She was really miserable. She loved Harry and felt she could not live without him, but how could she continue as things were?

Then Harry, who was a successful insurance salesman, told his story: "Well, it's like this," he said. "All day long I am meeting people, chatting, being pleasant, selling policies; when I come home at six I just want to be quiet. I can't spend all day and all evening at it. I must rest sometime. She ought to realize that."

The effective solution in that case was for Mary to plan well her housework, and use her remaining time in worthy interests—something Harry would like to hear about, even though he did not want to talk much.

One couple I knew, successfully solved a similar problem by sitting together on a settee in the evening, he with his arm around her, while she read to him. This made her feel better, and he was able to relax.

Holy Scriptures. An excellent plan for emotional relaxation is to read the Holy Bible, especially the Psalms and gospels. Faith is increased when the inspired record is read, of the tragic mistakes made, even by the patriarchs, and of how God forgave them when they truly repented. Many lack inner peace because they have a sense of guilt. This can only be effectively relieved by God. Remember, there is no peace like the peace that follows when one knows his repentance for past errors is accepted.

Relax After Dinner. Relax at least fifteen minutes every day. Stretch out, and let every muscle go limp. This will let your circulation run freely, and prolong life. Learn to relax as you ride in a bus, wait at a "stop" light, listen to a musical, or

wait for a friend who is late. You will not use up all that nervous energy you have hitherto been wasting.

Mind Your Finances. Anyone spending all his money as it comes will undoubtedly have cause to worry sooner or later. It is a wonderful comfort to have a savings account, even if only a small amount is saved each month. Expenses should never be greater than income.

Diet Is an Important Factor in Emotional Upsets. Quite often a change from a spicy, rich, refined diet, to a diet of fruit, vegetables, and whole grains, will work a miracle in certain types of emotional upset. Both children and adults cease to have a sour disposition, when they cease having a sour digestion.

Often people get into a vicious circle; they overeat, they worry, then they feel ill which causes more worry, tension, and headaches; then they overeat because they are tense or bored. In many cases sweets are eaten solely because of emotional frustration.

So, if we would have optimism and health, we must let tomorrow's cares wait until tomorrow. Emotional balance must be maintained by wisely making every provision for the future, by having a full and interesting life, and by not depending on any *one* thing, or person, for our happiness. We must put first things first, bearing in mind the supreme factor, that the true source of help is God above





Studio Lisa

For speedy healing, and happy convalescence, the patient should be made as comfortable as possible.

Home Nursing

By Howard E. Nix, B.Sc.

To give Nature a chance to recover health, a sick person is usually put to bed. Unfortunately, you cannot renew or repair an organ of the body as easily as you would put a new tyre on a cycle, especially since you have to keep right on using it. When the body is busy dealing with abnormalities, it has little energy left for normal activities, such as the digesting of food. This is one good reason for skipping a meal or two, as well as resting. If a person is given unsweetened fruit juice and water, a day or so's fast will, in nearly every case, be beneficial.

The Sick Room. If the illness is just a short one, the only adjustment necessary will be that the patient have a bed to himself. If it is a long illness, more elaborate preparations are necessary. It is much wiser for the patient to have a room to himself. Even if he needs watching at night, the person who is caring for him should sleep in an adjoining room. The family should, as far as possible, remove their own belongings from the sick room, so that they will not have to go in and out. Mental rest is necessary for the patient as well as physical.

Linoleum-covered floors are more sanitary than carpets. Small washable rugs or rubber mats may be used to reduce noise. Small noises which are persistent, such as rattling windows or squeaking doors, may be more distressing to a patient than the occasional louder noises.

Ventilation, Heating, Lighting, Cleanliness. It is well to open doors and windows daily until the air is thoroughly changed. This will help to remove the sick-room odours. The patient should be well covered. There should be ventilation at all times, but no draught.

The temperature of the room should be comfortable for the patient. This is usually 68 to 70 deg. Fahr. During a bath the temperature should be a bit higher.

The bed should not face a window where the light will fall directly in the patient's eyes. If a light is necessary all night, a small bed-lamp may be lighted and so placed that the direct light is shielded from the patient's eyes.

All soiled articles should be removed immediately, and the room should be thoroughly cleaned at regular intervals. Remember that dirt breeds disease.

Patient's Happiness. All people like to have certain articles within their reach, and their wishes should be granted. Often a patient can comb his own hair, brush his teeth, occupy himself with a book or paper, and is much less work for the family, if the family is careful to respect his wishes in little things such as taking time to put his belongings within reach. A thoughtless home nurse usually means a crotchety patient. She has not taken the time to care for little things.

On the other hand, too great solicitude or sacrifice on the part of the family seldom brings happiness to the chronic patient. Care and consideration are very necessary, but the patient should not destroy the peace and happiness of the home.

In the case of aged people, their wishes should be granted whenever possible, even if it might seem foolish to the younger person. Only the purely selfish demands that upset the household should be refused.

A good plan is necessary to ensure smooth running in a home at any time. This is doubly so when the care of a sick person is added to the routine work. The plan should always include for the home nurse to get proper rest, sufficient sleep, food, fresh air daily, and recreation. Good judgment will lead the home nurse to guard against exhaustion.

Before Breakfast Care. The night will be difficult for anyone who is in bed all day, even though he may not be severely ill. The fresh drink of water, the sheet straightened, the face and hands washed, the provision of toilet or bed-pan facilities, the cleaning of mouth and teeth, are all necessary in the early morning. The patient may then be comfortable enough to nap or rest until the family is off to work or school. If it is too early for the family breakfast, the patient might have his before the home nurse attends to the needs of the family.

The Bed Bath. Unless the physician orders otherwise, every bed patient should have a daily bath. Whatever procedure is used, the patient should be left clean, dry, warm, and comfortable.

First, close the windows, and have the room comfortably warm. Assemble all the articles necessary: a large basin of warm water on a newspaper-covered chair, a large flannel, two bath-towels, clean bed-linen, clean pyjamas, mild soap.

Remove all bed covers except the top sheet and one blanket. Remove all pillows except one. Remove the pyjamas. Spread the towel over the blanket on the chest, tucking one side under the top edge. Wring out the flannel and carefully wash the face and ears. Have the flannel well wrapped round your own hand to prevent dripping. Rinse, then pat the face and neck dry.

Place a towel under each arm along the patient's side to protect the bed. Wash one arm, rinse, and dry; then wash the other arm, rinse and dry, keeping the chest covered. Use firm, long strokes.

Fold the covers back to wash the chest and abdomen. This should be done quickly to avoid chilling the patient.

Uncover one leg at a time. Place bath towel under the leg as it is being washed and dried. If the patient is not too ill, allow him to put both feet in a basin of warm

water for half a minute or longer. The basin may be placed on a newspaper on the bed. Dry the feet, and change the bath water.

Turn the patient on one side; place the towel along the back on the bed. Wash, rinse, and dry the back.

Turn the patient back and place the towel beneath his hips to finish the bath. The patient usually does this himself.

Change the Bottom Sheet. Place the patient on his side and loosen the bottom sheet all down one side. Fold it, fan-like, close to the patient's back, and put the clean sheet in place. Turn the patient back onto the clean sheet and finish making the bed.

Make the Patient Comfortable. If possible at this time, care for the patient's hair, finger and toe nails, arrange all his belongings to his desire, get fresh water, etc., and the patient will need very little until his tray for dinner. After dinner, if he is made comfortable, he is ready for visitors or a nap until evening.

Evening Care. Wash the patient's face and hands. Brush his hair and change his pyjamas. Brush the crumbs from his bed, and tighten the sheet. Rub his back with alcohol, shake up the pillows, check the ventilation. Again make the patient really comfortable, attending to his desires, and he is likely to sleep all night.





Studio Lisa

Radiant beauty is far less dependent on costly cosmetics than it is on cleanliness, wholesome dietary, and mental health.

General Health Habits

By Howard E. Nix, B.Sc.

Foot Health. Many women have feet that have been deformed by years of discomfort in badly fitting shoes. Much misery, nervous exhaustion, and bad temper is caused by women's shoes. A poorly fitted shoe puts unnecessary strain on muscles and tender parts where pressure was never intended to be, thus causing bunions, corns, hard callouses, and ingrown nails. Often poor posture, awkward carriage, various aches and pain, are traceable to improper shoes. Foot strain tends to make the victim tense, irritable, and unhappy.

In the case of ladies, if the right kind of shoe is worn every day at work, and for general use, the foot will be kept healthy and strong; so that a dressy higher-heeled shoe worn occasionally will then do no harm.

A cheap shoe for work is not really cheap. Usually it does not support the foot properly. A well-fitted shoe with a low or very moderate heel should be worn at work. The inside line should be straight, and the outside should taper gradually. The heel should fit snugly, and the lace should be tight enough to be firm over the instep. The toe-cap of the shoe should be a finger's breadth beyond the tip of the big toe.

It is equally as important to have the hose long enough. It is a wise plan to buy socks or stockings a little longer than the foot. Hose that is too tight causes cold feet by restricting circulation, thus leading to corns and callouses, irrespective of what shoes are worn. The general remedy for cold feet is in taking a hot and cold footbath daily, correcting the diet and general habits, and seeing that hose and shoes are well fitted.

Skin Care. The skin is the body's front line defence, and naturally comes in contact with much dirt. If the oil from the skin is allowed to accumulate, it develops a greasy unpleasant appearance, and picks up extra dirt. If this is not removed frequently, a stale odour will be evident, which may be very unpleasant to those around. In addition to being offensive to others, it clogs the pores, thus preventing the skin from doing its

work well. Two cleansing baths weekly are essential for the skin to do its work properly. In addition, more baths or partial baths are necessary to prevent body odour.

The underwear absorbs secretions from the skin, and must be changed at least twice a week.

Some are distressed by unusually strong body odours. In such cases it is important to watch the general health. Water should be freely drunk, and elimination should be regular.

There may be excessive perspiration of the feet, due to the body trying to get rid of impurities in this manner. The remedy is in the frequent bathing and powdering of the feet, frequent changes of socks or stocking, airing of shoes, and careful attention to general health.

One can bath without a bath-room. A thorough sponge down with warm soapy water, care being taken to rinse all the soap off well, will do quite as well as a tub bath or spray.

Care of the Face. Manufacturers, knowing every woman's desire for beauty, advertise all kinds of lotions and creams which are supposed to contain vital skin foods. It should be remembered, however, that the skin is not fed from outside, but from the inside. Some women naturally have finer skin than others; but a clean skin, which all may have, is very important. A little cream may be needed if the skin is dry. If any make-up is used, it should be removed at night.

The following health practices will do more than any lotion to procure a healthy skin.

1. Vigorous outdoor exercise daily.
2. Four to six glasses of drinking water daily.
3. A diet seventy-five per cent fruit and vegetables.
4. The avoidance of rich foods or refined sugars, sweets, and starches. The use of whole grain cereals and bread, and unrefined sugars.
5. Keeping the skin very clean.

Breathing. Breathing is not only the receiving of air into the body, but also the absorption of oxygen. Air is made to enter the chest by enlarging the chest cavity. Sometimes only the top of the chest is used in breathing, as in the case of persons who wear tight belts or other tight clothing around the waist. When only the top of the chest is used for breathing, toxic matter accumulates in the lower part, and one is much more likely to fall a prey to one of the many chest diseases; for idle cells are easily overcome.

When speaking, one should breathe deeply enough to feel the movement of the abdominal muscles. This will increase the volume of the voice, reduce the amount of energy used in speaking, and avoid throat irritation. The throat is injured, sometimes to a great extent, by loud talking when there is only shallow breathing.

The digestion, the liver, and the whole abdomen, need the stimulation produced by the strong action of the lower part of the chest in deep breathing. The principal



Studio Lisa

Inner cleanliness, such as is assured by regular drinking of water, is a vital requisite for outer beauty.

action in breathing is in the lower part of the chest, but the whole chest should be moved to ventilate every part of the lungs.

Oxygen is essential for the tissues to remain alive. The lungs absorb oxygen from each breath; and in turn, give off carbonic acid gas and other gases. It is very important to take several deep breaths out of doors daily.

The same air breathed over and over becomes full of poisons which are absorbed into the body, with consequent lowering of vitality. Breathing contaminated air is asking for colds, and even worse maladies. For this reason, crowded rooms which are ill-ventilated should be avoided.

The open fireplace is really the most healthful method of heating, for it provides ventilation. Cold air is not dangerous if one is well protected, but avoid sudden cooling after being in an overheated room.

Persons with slow digestion may find a cure in deep breathing. The diaphragm will helpfully massage the stomach with each deep breath.

BREATHING EXERCISES

Exercise 1. Clasp the hands over the abdomen. Press firmly while deep-breathing in, and then out. Repeat ten times.

Exercise 2. (a) During inspiration [breathing in], raise the arms and stretch out straight at sides.

(b) Lower the arms with expiration [breathing out]. Continue—1—2, 1—2. Repeat ten times, filling the lungs each time.

Exercise 3. Sit in a straight chair. With arms extended backward.

(a) Inhale deeply;

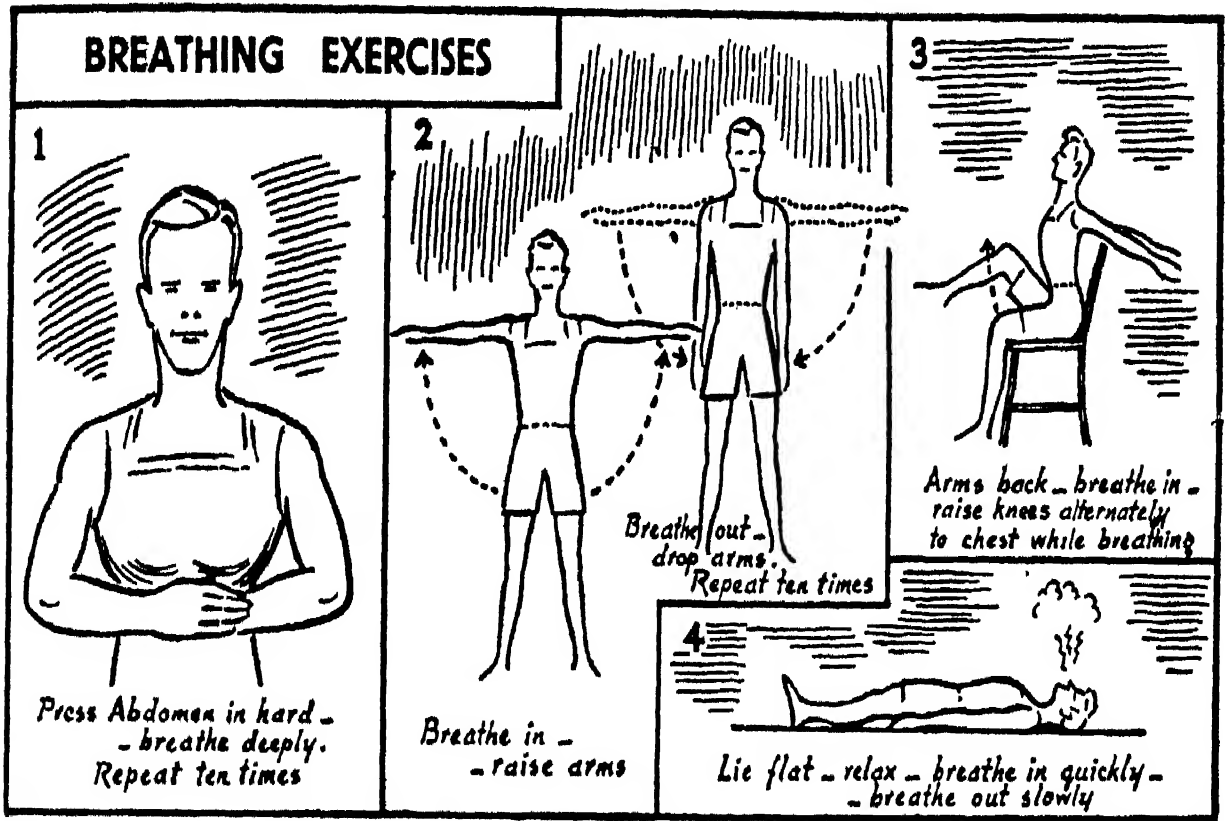
(b) Then exhale, and at the same time draw up the knee to the chest. Return to first position as when inhaling, and repeat ten times with each knee.

Exercise 4. Lie flat on the floor or bed, and relax. Inhale quickly; exhale slowly. This will strengthen the diaphragm.

Swimming is an excellent aid for good chest development. The time to develop a healthy chest is in childhood and youth.

Gymnastics have their place, but the very best form of exercise is a brisk walk in the early morning, with the shoulders held back and the lungs repeatedly filled with fresh air. Brisk outdoor exercise is all the medicine some sick people actually require.

It is good to exercise to the point of weariness, but not exhaustion.



Exercises for the Abdomen. Lie flat on the floor with palms of the hands on the floor under the hips.

1. Raise one leg without bending the knee.
2. Lower the leg fairly slowly.

Repeat five times with each leg. Then raise both legs together and lower fairly slowly. Repeat five times. It would be well to do this exercise only three times each for a few days, and gradually increase, as it leaves the idle muscles now called into use, a bit sore.

Exercise for Waistline and Digestion. Place hands on the hip bones. Rotate the body, keeping the face the same way. Then rotate in the opposite direction

Successful motherhood demands good food, inner contentment, and complete abstinence from alcohol and tobacco.

Studio Lisa



Mother and Child

By Howard E. Nix, B.Sc.

ALL too often a child is treated first as a pet, and later as a nuisance. How often it happens that the doting mother will lavish attention on her baby, yet when the seven-year-old child comes up for its share of attention, she is likely to frown and say, "Go away and play. Don't bother me." So slowly the child goes off, often feeling a little jealous toward the baby. All too frequently this jealousy lasts a life-time. The tragedy is that it could so easily have been prevented. Sometimes the child will seem to develop some physical ailment in an unconscious effort to receive his part of the attention and love which is due to him. He may use this method all his life—unconsciously, of course—to make up for the love and care he craved in childhood.

Pregnancy. It is mother's and father's duty to be in the best possible health at the time of conception. Then the father should do all he can to maintain the mother's health and spirits during the pregnancy period.

There is no direct communication of blood between the mother and the unborn child. The uterus holding the child absorbs food and oxygen, passes it to the spongy tissue called the placenta, thus feeding the child through the umbilical cord which is attached both to the placenta and umbilicus of the child.

It is possible for the injurious effect of nicotine from tobacco, and of alcohol, to pass through to the child. It is therefore very important that the expectant mother abstain from both tobacco and alcohol.

At about twenty-seven or twenty-eight weeks the mother should give up cycling and energetic games, and confine her exercise to light gardening or outdoor walks.

Food for the Mother. The expectant mother's diet should be seventy per cent fruit and vegetables, part of which should be raw. She should use whole grains and unrefined foods. She should avoid rich, fancy fare, and highly seasoned foods. Her breakfast and dinner should be the largest meals, with only a very light meal in the evening. Whole-wheat bread contains vitamins E and B which, it is claimed, will help the mother not to miscarry.

Raspberry leaf tea has a tonic effect on the uterus, and is excellent for the expectant mother to use daily.

Self-control for the Mother. By maintaining cheerfulness and courage, the mother can give her child a happier disposition. She should always use self-control, and while her wishes and desires should be respected, she should not eat harmful things, even though she craves for them. She should have her work reduced somewhat so that she will have time and energy to get out of doors and take proper rest daily.

Elimination. Proper diet will be a great help in keeping the elimination regular. Six glasses of water daily between meals will aid the kidneys and bowels. Deep breathing out of doors daily is necessary.

The skin should be kept clean, and the cold-water tonic given with friction is excellent in maintaining good circulation.

Morning Sickness. If nausea is severe, the mother should take juices only for two days, and she should have an enema at bedtime. She should then continue with a plain, simple diet of "whole" foods, including plenty of fruit and vegetables. Gentian-root tea helps to prevent sickness.

Mental Attitude. A cheerful frame of mind is essential for the expectant mother. She should think of the joy that will be hers when holding her baby in her arms, and not let people feel sorry for her. If she is cheerful, she will not worry about her figure changing, or about people looking at her. Proper maternity clothes do much to improve appearance, thereby helping her feel at ease.

Confinement. By relaxation and co-operation, the mother can often save herself time and extra pain. She should have a physician or midwife in whom she has perfect confidence.

Motherhood. The mother will have real satisfaction who feeds her own child. Wherever possible, babies should be breast-fed. The majority of mothers can breast-feed their babies if they have proper care. The baby should be put to both breasts for three minutes twice during the first twenty-four hours. He will get no real milk for a few days, but will get a laxative fluid which is necessary for him.

The second day he should be put to both breasts for five minutes, three times.

On the third day he may begin five feeds a day at four hour intervals. The baby should not be allowed to over-feed, but a breast pump may be used to give the mother relief if her milk supply is over-abundant. Breast-feeding is undoubtedly the ideal, and is a great help to the child physically.

The mother's diet during the feeding period will be nearly the same as when pregnant, except that she will need more fluids and perhaps more whole-grain cereals. Besides this, she must have fresh air, sunshine, and rest. She must not be unduly worried, or she will lose her supply of milk. In this respect, the father can be a great help.





Studio Lisa

"Of all the joys that lighten suffering earth, what joy is welcomed like a newborn child?"

The Second Baby. Ideally, the second baby arrives when the first is two years old. At this age, there is much less emotional adjustment for the older child, and the two can play together and speak the same language.

When the second child is coming, and after its birth, the first child should be made to feel it is "his" baby as well as mother's and father's. He is to help care for it and teach it. He is not to be thrust aside so that the new baby can be cared for. Jealousy will thus be avoided. Good books for every parent to read are: *All About the Baby*, and *Through Early Childhood*, by Dr. Belle Wood-Comstock, and Professor A. W. Spalding.

There is no time like *early* childhood to lay the physical foundation well, and to teach the child obedience to physical law. Of course, a parent must obey physical law if he would teach it.

If a baby is not hungry, do not force him to eat. Sometimes he goes off his food for a meal or two. Just give him a little boiled water and fruit juice. In some respects he is like a kitten which will eat well when it feels well, but refuses food if it is not well. But if there is any reason to suspect serious trouble, visit your physician.

Health Inventory

By Howard E. Nix, B.Sc.

CHECK your progress each month. Perfect is 100. Allow $3\frac{1}{2}$ points for each of the following, and 5 for the last one. What is your grade?

1. Eighty per cent of the bread and cereal you eat should be whole-grain or whole-meal. Bread should be made with yeast, and at least twenty-four hours old.
2. Eat slowly, chew thoroughly, avoid between-meal snacks. Have only three meals daily, and nothing at bedtime except a drink of water.
3. Take no more than three or four dishes at each meal. Rotate foods frequently to secure a balanced diet.
4. See that eighty per cent of sugar used, is genuine brown or Barbados sugar.
5. Use dates, figs, prunes, raisins, sultanas, or currants daily.
6. Take a large helping of raw vegetables or salad daily.
7. Use vegetables unpeeled whenever possible. Save vegetable water for gravy or stock.
8. Avoid soda or baking powder in food.
9. Eat fresh fruit daily.
10. Avoid fried foods.
11. Eat four eggs weekly, poached or lightly boiled.
12. Eat peas, beans, lentils, or meat substitute—one helping every other day.
13. Take four to six glasses of water daily between meals.
14. Avoid mixtures of too many articles of food. Better to have more simple dishes and rotate foods served.

15. Avoid large amounts of milk and sugar combinations, which create an alcohol—especially a combination of milk, sugar, and eggs. Avoid spices, condiments, vinegar, hot sauces, tea, coffee, alcohol, tobacco. Use salt moderately.
16. Allow at least five hours between meals.
17. Practise deep breathing ten times on rising. Sleep with windows open.
18. Take outdoor exercise daily.
19. Allow sufficient sleep and rest to awaken rested. Be weary but not exhausted at bedtime.
20. Take daily rest, fifteen to twenty minutes. Completely relax.
21. Have a daily schedule, and follow it as closely as possible.
22. Spend two evenings a week on something you enjoy, other than your regular work.
23. Take a quick, cold towel wash twice a week.
24. Take at least two cleansing baths weekly. Finish warm bath with cold splash.
25. Visit the toilet after meals.
26. Have the body clothed evenly, legs warm, and wear well-fitted, low-heeled shoes for work.
27. Use your own judgment. Have a consistent programme that you can maintain—not being too strict one week, and then throwing all restraint to the winds the next week.
28. Have peace in the heart. Help others in need. Do not permit worry over circumstances you cannot control. Pray regularly. Ask yourself: "What am I worrying about? What can I do to straighten it out?" Then do all you can, and leave the results with God.

Remember that when the body is healthy and free from pain and disease, it is much easier to have strong will-power.



Popular Barriers to Radiant Health

————— By J. Ashford Hyde, M.D., F.R.C.S., D.T.M. & H. —————

GOOD health is one of God's greatest gifts to man. It is a tragedy that it is so often lost. While it often seems that we become ill through no fault of our own, yet it is true to say that the more the knowledge of medical science is advancing the more we are realizing that disease is caused through carelessness or folly. It may well be that in the future even that dread scourge cancer may be classed as one of the heartaches that need not have been.

We must realize, however, that radiant health is an aim which has to be striven for, and not passively awaited. It is often necessary for us to become "different" from our neighbours in order to attain the fullness of our physical fulfilment. It is a sad commentary on human standards that the habits of the man-in-the-street tend to undermine his God-given health, and he regards active seeking after health as the realm of the faddists and the fanatic. He would rather risk losing his health than be classed in such company.

Are You a Drug Addict? "Oh no! I'm not a drug addict," you say, conjuring up in your mind dreadful stories that you have heard, or of which you have read. "No opium dens for me. I would never take cocaine 'snow,' or hashish."

But, you know, not all drugs of addiction are socially unacceptable. Many are socially acceptable in our modern society, even though they hold many people as strongly in their clutches as do opium and hashish.

Come with me to a typical office in London. Mr. Urquhart, the senior partner in the firm, is in his inner sanctum. This is a bad morning, for he has to make some tricky decisions. Somehow the tension makes itself felt even in the outer office. If we should be able to peep in at Mr. Urquhart we would see that he is very worried. We could tell this by the blue haze that greets us as we open the door, and the sight of ashtrays which are full of the remains of many a cigarette. He is tensed up and knows that only



A pet rook in Hampshire enjoys a game of ninepins with beer bottles. Studio Lisa

as he keeps under the influence of the cigarette will he be able to think calmly. This surely is just different in degree from the cocaine snuff addict, who has to have his "snow" to make life tolerable.

In the outer office, nerves are taut. "I've got a frightful headache," says Miss Smith, the senior typist. "Julia, be sure to make a proper cup of tea this morning. Yesterday you made it so weak that it did me no good at all, and I had to have an aspirin to control the headache."

Is the picture exaggerated? I don't think it is. I have had to deal with stenographers who could not work on if their mid-morning tea was fifteen minutes late. I have known men who, taken where they were unable to have their tea or coffee, were not worth knowing.

Are you a drug addict? Let us consider just a few of the socially acceptable drugs of addiction which prevent us from enjoying radiant health.

"*How About a Drink?*" This is one of the most common greetings when you visit a friend's house. If we are to continue to enjoy radiant health to the full, we must know how to answer this question.

What is it about a drink that attracts people? Why, of course, it is the alcohol in it. Alcohol is one of those wonder drugs that makes you feel better, and turns you from a quiet, reserved person into a lively, witty one. Or does it? Let us see what is the other side of the picture.

Some years ago the Alcohol Committee of the Medical Research Council published a report on alcohol. They called it: *Alcohol: Its Action on the Human Organism*. It was a very conservative document. It made no attempt to deal with the problems of the alcoholic, the man who has lost all moral sense in his craving for the drug, but it dealt rather with the effect on a man who can "take it or leave it." Let us take some of the claims that are made for alcoholic drinks, and see what this learned body has to say about it.

Claim One: A drink will give you the "lift" you need.

"In reality, so far as the effects on the nervous system are objectively perceptible they are always manifested in a *lowering* of functional activity."

Claim Two: Beer gives you strength for the daily task.

"To take it with the idea that it is efficient food for muscular work is to *run a grave risk of damage to health and efficiency.*"

Claim Three: Well, anyway, it's rich in vitamins.

"Alcoholic beverages are *not sources of the known vitamins.*"

Claim Four: It calms the nerves and enables you to think clearly when you're in a spot.

"When the individual has to meet an emergency which calls for the exercise of his highest powers of perception and judgment, alcohol is not merely useless, *it is certainly and unequivocally detrimental.*" (Italics in all quotations supplied.)

So much for the claims of alcohol. But really is this the main reason why people drink? Is it not rather the desire to be sociable, to be one with the crowd? It sometimes is embarrassing to ask for a squash when others are drinking gin and tonic, and many a person would rather risk his health and his career than be thought a sissy.

What is it about alcohol that makes a man who is otherwise very tolerant of another's views try to force the unwilling victim to drink? It is simply that alcohol always, invariably, undermines one's moral tone and makes one wish to bring others into a like state.

And what of the man who can "take it or leave it"? Much research has been carried out to solve the problem, yet still we cannot forecast who will be the lucky one. Some succumb to addiction at an early age and provide much of the criminal element in society—the thieves and the prostitutes. Some continue for many years living as

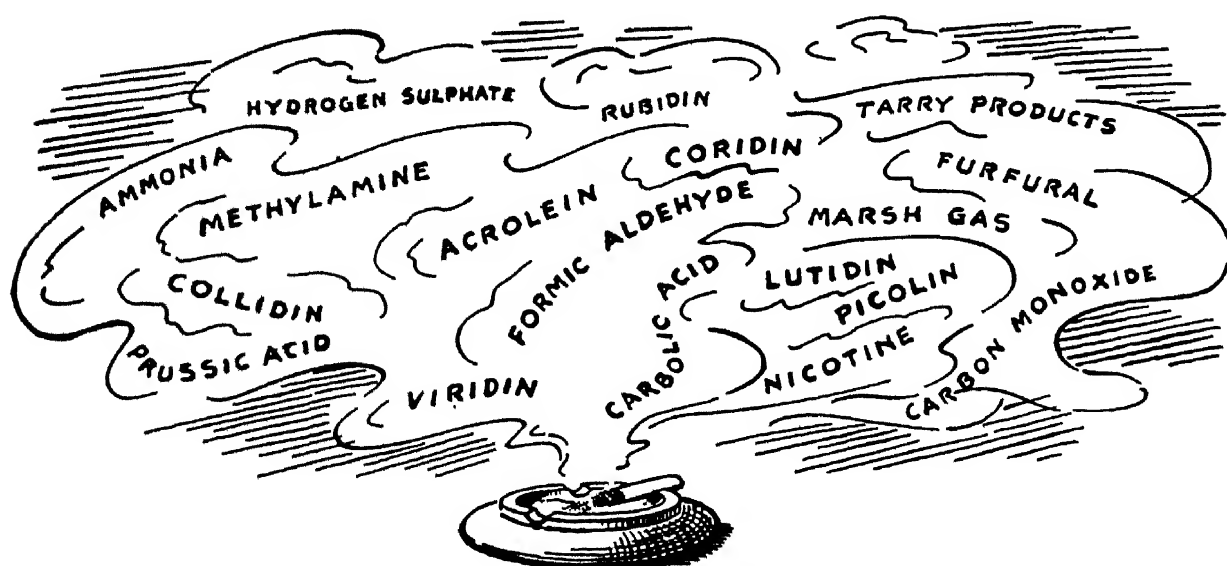
normal citizens, and then they come up to some crisis in their lives, some psychological strain, and suddenly their control over their cravings is gone, and they rapidly sink on to what is called in America, "Skid-row." And the tragedy of it is we don't know how to forecast who it will be. If you are one who has a drink only when there's company—remember, it might be you! The only sure way of safety is to leave it alone—completely.

We still haven't mentioned many other reasons why drinking alcoholic beverages deprives us of radiant health. We could discuss how it scars the liver, cuts down the efficiency of the kidneys, makes the heart flabby instead of firm, and causes a clouding of the power of reasoning and intellect. We could say how it shortens the life, increases the time spent in sickness, and increases the danger of surgical operations. Its effect on drivers is well known.

It is not for nothing that our leading athletes never drink while they are in training. It is not for nothing that many of them are lifelong teetotallers. If you want radiant health, beware alcoholic drinks.

"*Would You Care for a Cigarette?*" You may recall the story of Sir Walter Raleigh's servant who came in one day to find his master sitting with his back to him and smoke just pouring from his body. The poor man rushed off to find a bucket of water and threw it over Sir Walter, only to find that his master was not on fire at all, but was smoking the newly discovered tobacco, which he had brought back from America.

From that early disastrous beginning has grown up an even more disastrous industry which is taking from billions the world around their birthright of radiant health, and giving them in exchange the temporary narcotic sedative—nicotine.



Red blood cells are damaged by cigarette poisons illustrated above. Tissues and vital organs fed by impure blood are incapable of doing first-rate work.

In the course of my professional life I have seen many who try to give up this binding habit. Some have succeeded, but many have failed—failed because their moral interest was less than their drug addiction. The cigarette is really quite a collection of deadly poisons.

Did you know that cigarette smoke contains about one per cent carbon monoxide, the gas that suicides use when they put their heads in the gas oven? Pipe smoke contains a little more, while cigar smoke may contain as much as eight per cent of this deadly gas. Tobacco smoke also contains ammonia gas and pyridine—an oily liquid that is extremely irritating.

These two irritate the mouth, throat, nose, and eyes of the smoker, as well as producing the irritation of the bronchial tubes which results in smokers' cough, and even worse. Recently Professor A. Bradford Hill and Dr. Richard Doll, two of England's leading statisticians, proved beyond the point of argument, that cigarette smoking does give rise to cancer of the lung.

Nicotine itself is, of course, the most dangerous of all the chemical poisons contained in tobacco. Just two drops of nicotine on the tongue can kill a dog, while in man the nicotine contained in just half a cigar would be fatal if injected intravenously.

These then are but some of the deadly poisons that you take into your body when you smoke. It has been scientifically proved that tobacco hastens the ageing of the arteries of your body, increases the blood pressure, and damages the heart. It is known that it attacks your lungs, irritates your bronchial tubes, cuts your wind, makes it easier to contract tuberculosis, and increases your chances of dying from cancer of the lung. Not satisfied with this, it attacks your stomach and leads to an increased incidence of ulcers, and also attacks your brain where it cuts down your efficiency and makes it more difficult to co-ordinate the finer movements of hand and limb. Do you want to enjoy radiant health? Then your answer must be, "No thank you, I don't smoke."

Tea and Coffee. These two beverages are in a totally different class from those which have gone before, different in the extent of the damage and the degree of involuntary addiction that they cause. Nevertheless, impartial scientific investigation must admit that they contain drugs, that the drugs are harmful to the body, when taken, often causing a diminution of health, and they definitely are drugs of addiction.

An unusual and often forgotten fact is that tea and coffee, though their flavours are so different, contain the same essential drugs. We have come to associate tannin with tea but it is also present in coffee. Tannin is, as everyone knows, the chemical which is used to convert raw hide into usable leather. It therefore needs but little imagination to picture the irritating effect which it has on the stomach of the individual consuming it. It is essentially an irritant, which explains why some people find it rather upsetting when taken on an empty stomach in the early morning. Its irritation of the lining of the stomach produces gastritis and may well be a factor in the production of those peptic ulcers which are such a curse of modern civilization.

The main "lift" in both tea and coffee is the drug caffeine. Caffeine is a heart stimulant and also has a stimulating effect on the kidneys causing an increase in the production of urine. It has a stimulating effect on the highest centres of the brain causing an increased clarity of thinking and increased co-ordination of hand and

eye A large cup of Indian or Ceylon tea of average brew, contains about one and a half grains of caffeine, and a cup of coffee roughly about the same amount This is what your doctor would call a therapeutic dose of caffeine.

If then, caffeine has such a stimulating effect on the human organism, why is it condemned as being incompatible with radiant health? There are three reasons.

The first is that it causes us to ignore the early warnings that our body sends us If your way of life is such that your natural supply of physical and nervous energy is inadequate for the task, you soon begin to feel tired and listless. This is your body's way of warning you that if you are to retain your health at its peak of efficiency, you must inspect your habits and make some alteration in your way of life. Maybe you need to get out into the country more, and breathe God's pure fresh air, and exercise in the freedom that He intended man should enjoy Maybe you are straining your eyes either at your work, at the cinema, or watching television. Maybe it is too many late nights—especially sitting over a game of cards in a smoke-room. Whatever the case, your body sounds the warning, and you feel played out

"My, I could do with a cup of tea," you say, and so calmly switch off the alarm bell that God has given you. You feel better, much better, more rested, more keen, more tolerant and tolerable, but only while under the influence of the caffeine. You are, in fact, worse, more tired in body, more tired in mind because while you were under the influence of the drug you proceeded to use up your emergency reserves instead of replenishing your main supply of energy

Secondly, tea or coffee drinking is bad for you because it deprives the doctor of one of his greatest weapons in cases of emergency You become far less responsive to the stimulation of the pure drug caffeine, and what might have saved your life becomes a damp squib in the doctor's hand.

The last and most important reason is that the continued use of these beverages places a strain on the heart, causing high blood pressure and decreased efficiency, and a strain on the brain giving rise in the long run to headaches which are only relieved by further cups of tea, a diminution of mental powers, and an increase of irritability

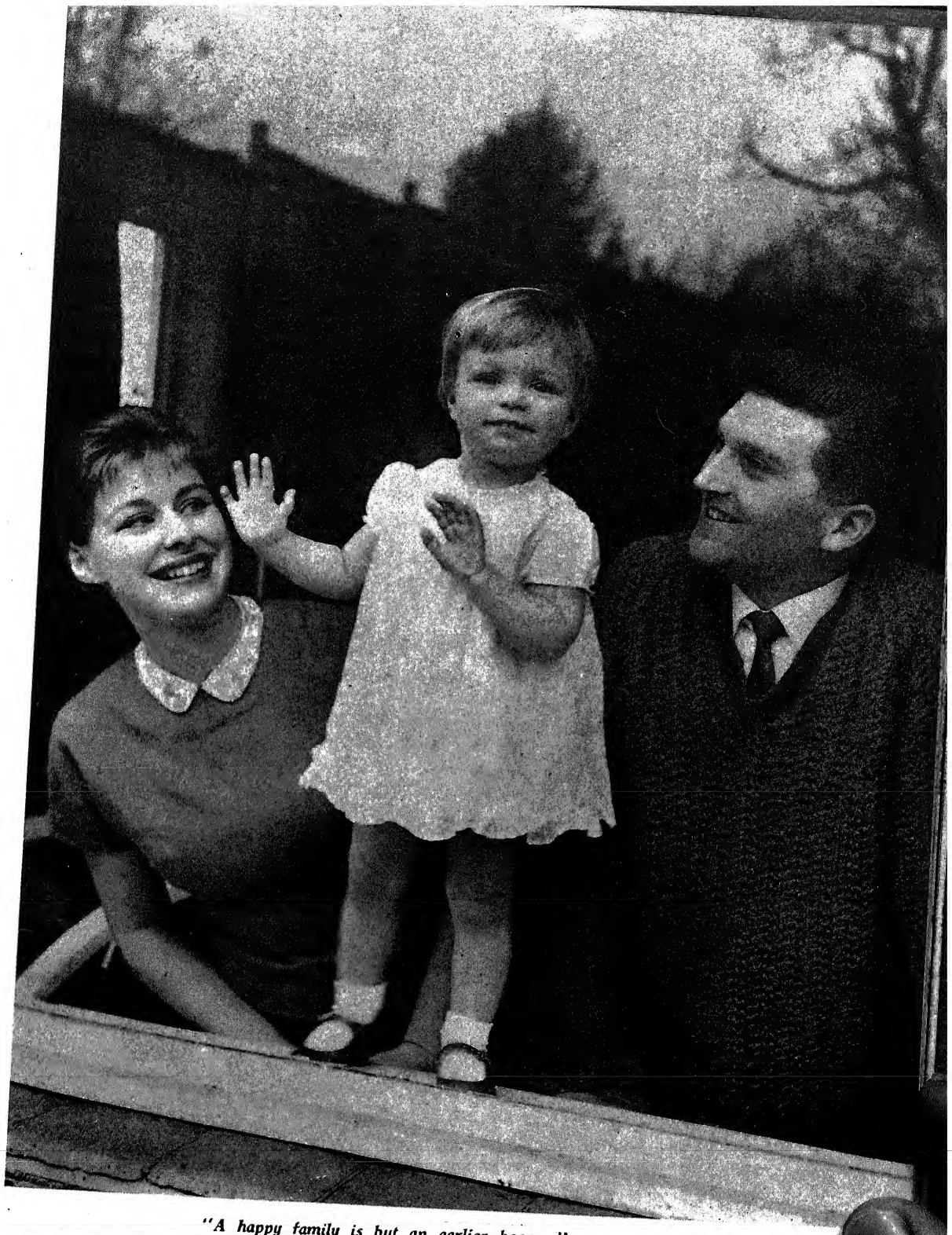
If you want to be at the peak of your efficiency leave tea and coffee out of your diet.

Family Welfare

Here Dr. S. B. Whitehead and others, offer you effective advice on many of the important problems affecting health and well-being. This section is not intended to supplant the physician or the medical dictionary, but as a general guide pointing the way to more radiant living.

ACID FRUITS WHICH ARE ALKALINE REACTING.—Fruits like oranges, lemons, grapefruit, sour apples, berries, and so forth, are only acid to the taste, with organic acids like malic, citric, etc. When digested and assimilated, they are alkaline-reacting within the body, and can therefore be eaten by rheumatics with benefit. They are rich in calcium and base salts, while the organic acids are easily oxydized to carbon dioxide and water, leaving the alkalinizing salts of the acid for the body to use. Plums and stone fruits are acidulous, however, and should be eaten sparingly.

ACNE.—Is primarily a disorder of the sebaceous glands and is associated with a too-fatty diet. A mild soap and water is the best local treatment, followed by a gentle dabbing of the skin with a good antiseptic after washing. Just stop eating chocolates, rich cakes, greasy and fried foods, cocoa, and hot drinks. Toast your bread to rusk-like texture, and eat sparingly of butter and similar fats for a month. Have a spoonful of black molasses with each meal, and live out of doors all you can. Do nothing to remove pimples or blackheads. Quick, short sun baths, followed by a powdering of your skin with flowers of sulphur, do wonders in sterilizing the skin and stopping the spread of the trouble. Eat at least two oranges or a grapefruit daily, a salad, two leafy greens, and one other vegetable, and one to two pints of milk. Salads and all leafy greens are useful as they provide vitamin A—the vitamin the skin needs most. A month brings vast improvement.



"A happy family is but an earlier heaven."

Studio Lisa

ANÆMIA.—Anæmia has several forms, but it is always safe to enrich the diet with iron foods, especially prunes, dates, raisins, nuts, leafy greens, and oatmeal.

Make a daily salad of grated raw carrot, turnip, and parsnip, add thinly sliced onion, paisley, and a lettuce leaf, and eat with wheatmeal bread, butter, and yeast extract. Have leafy greens at least once a day. Put molasses, bran, oats, and apples high on your menu.

No-one who is anæmic can afford to eat white bread. Strangely enough, ultra-violet sun baths help your body to build up its hæmoglobin (red colouring matter) in the blood.

ANTISEPTIC.—Garlic is an excellent natural antiseptic for the body, keeping the internal organs healthy, and the bloodstream clean. It is also a natural specific for high blood pressure. Use often, in traces—in soups, savouries, salads, sauces, etc., a whiff a day suffices.

APPETITE.—If your appetite is poor, start every meal with a wine-glassful of orange, grapefruit, or pineapple juice. Enrich every meal with a vitamin B concentrate (wheat germ, yeast extract, etc.). Toast your cereals and breadstuffs. After eating, take a charcoal biscuit or lozenge. Eat little, if that is your inclination, but stop taking all stimulants, including strong tea and coffee. The citrus juice is tonic, especially to the liver. Vitamins B whet the appetite and improve digestion. Dextrinized (toasted) starches digest most easily. Charcoal neutralizes and cleanses. You soon eat better.

Another excellent method is the grape cure. Eat a handful or two of grapes every other hour of the day. When you feel hungry, just eat more grapes. Vary occasionally by having a small lettuce, salad, and poached egg, or a piece of gingerbread and a glass of milk, but keep on eating grapes until you cannot face them any more. You will find your system cleansed through, and your vitality and appetite restored. Takes seven to fourteen days.

APPLE JUICE FOR NERVES.—Slice windfall apples finely, pour over enough boiling water to cover, simmer until soft, strain, and cool. Drink freely when thirsty, and make fresh each day.

ASIAN FLU.—Get a hot mustard bath, and go to a warmed bed at the first symptoms. Eat nothing; but drink hot lemonade with honey, and keep very warm until you begin to perspire. Don't try to cool off, but go on perspiring until your temperature begins to go down. Change your pyjamas after a rough towel-rub, get back into bed, and take half a grapefruit, baked in the oven until warm through, whenever thirsty or hungry. In twenty-four hours you will feel better; in thirty-six hours you will be ravenous. Have a fruit meal with toasted cereal and hot milk.

ASPIRIN—Aspirin is regarded as the safest, non-habit-forming pain soother, but beware of overdoing it. It tends to make the body lose its vitamin C more quickly; so you should take more fresh foods and fruit juices to offset this.

ASSIMILATION—If your assimilation is poor, put yourself on a grape cure for a few days. When hungry, eat a few grapes and little else. Have grapes at each meal-time. You can eat up to three pounds a day. Have nothing else but a slice of whole-wheat bread, until appetite and hunger return in full force.

ASTHMA.—A teaspoonful each of honey and butter stirred into a cupful of hot milk makes a good bedtime beverage, and nutrients beneficial to internal membranes. Asthmatic people should also pay particular attention to keeping the skin active and efficient by sun, air, and friction baths; and to prompt elimination of body wastes.

A good tonic for the asthmatic is a tablespoonful of horehound, simmered in a pint of water for fifteen minutes; strained, sweetened with honey, and drunk piping hot, while breathing in the steam, helps breathing.

Salads are helpful, especially with freshly grated carrot, young fresh peas, lettuce, and ground pine-kernels. Avoid cloying, heavy, starchy foods that foster that stuffed-up feeling.

BANANAS.—To make the best of bananas, keep them in a warm room until the skins are well flecked with brown spotting. To prepare for breakfast, crush with a fork, and beat to a creamy paste, then add cereal and cream. The beating helps to make them much more digestible.

BREAKFAST.—Make a good breakfast. Experiments indicate that you do best when breakfast is a full and well-balanced meal. Your system is ready to do justice to good fare after the night's rest. A good breakfast sustains you through your best working hours. You are less likely to eat too big a meal for lunch. But stress the vitalizing foods—fruits, cereals, milk, eggs, and honey.

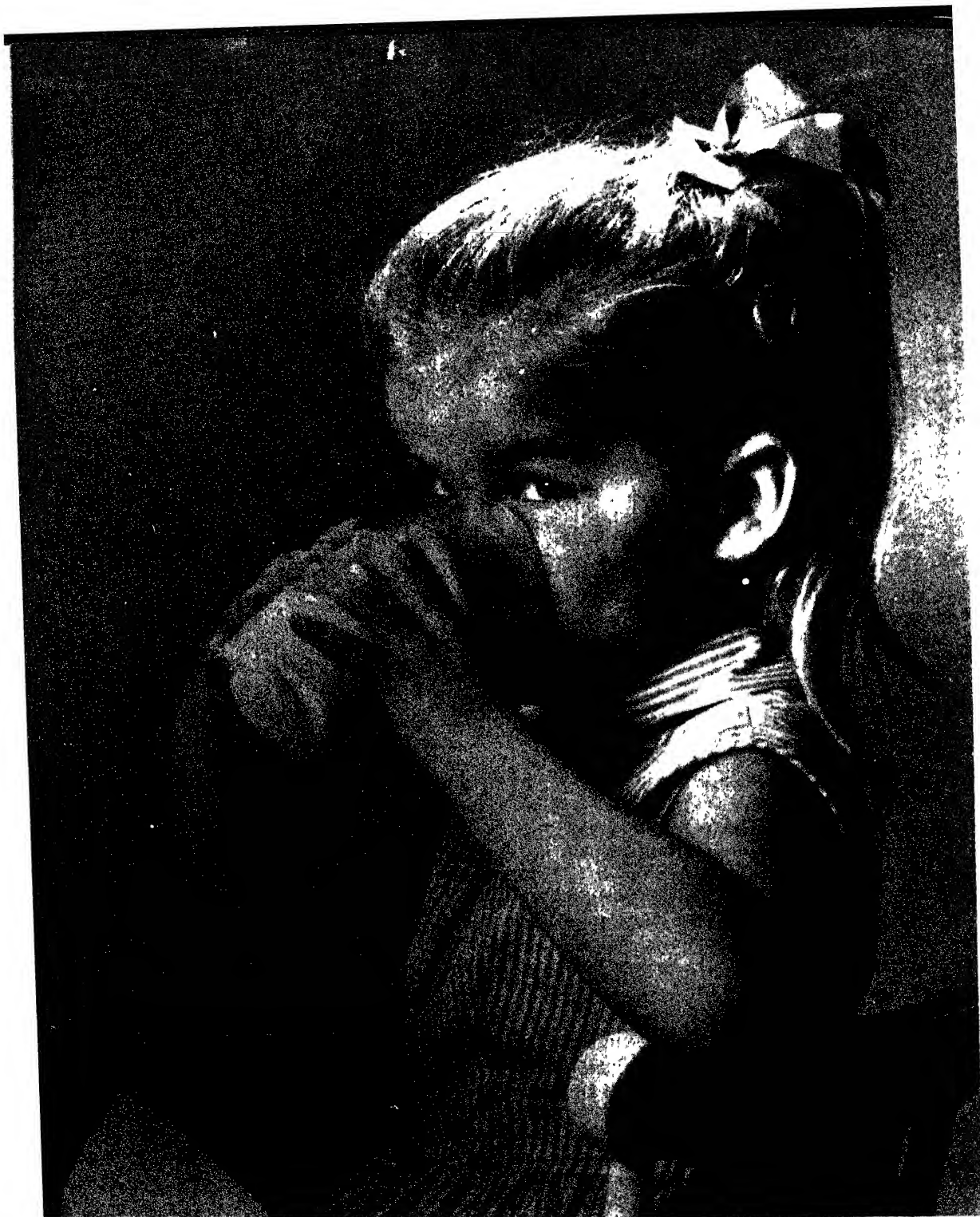
Spring breakfasts should be tonic, well-balanced, and spring-cleaning! Leave the sugar basin alone, and rule out the denatured cereals and breadstuffs. Have two fruits—grated apple with orange juice, banana with prunes, pears with raisins; an egg, soft-boiled or poached; cereal of choice, but whole-grained; honey rather than marmalade or jam; milk to drink. The better your breakfast, the better your morning's work, and the lighter your lunch can be.

BRONCHITIS.—Inflammation of the membrane lining the bronchi and bronchial tubes. Results from catarrhal condition, but often follows infectious fevers such as measles and chickenpox. Signified by a hacking cough, thick sputum, and high temperature.

Patient should be put to bed, and given nothing but orange juice and water until the acute symptoms disappear. Advisable is a warm water enema for cleansing the bowels each night; then an all-fruit diet for a day or so.

Hot fomentations to the chest three times a day are helpful, but be sure to finish each hot fomentation with a cold towel rub.

BREATHING.—If breathing is difficult, pour a pint of boiling water over a spoonful of thyme, and inhale the steam. Another helpful practice is to drop *one* crystal—no



Milk is a prime source of calcium.

Studio Lisa

more—of menthol into the water, as hot as possible, and inhale. Cover the head and basin with a towel to concentrate the steam. This is highly relieving.

A helpful alternative is to pour a cupful of boiling water over half a teaspoonful of dried thyme, and breathe in the steam; then add a little honey, and drink the liquid.

BREATHING THAT WARMS YOU.—When cold through standing in the bus queue or inactivity, breathe in and out quickly through your nose, like a dog panting, for one minute; then breathe in and out as fully and deeply as you can for one minute; alternate three times.

This quickens your blood, gives your body more oxygen to brighten the fire of life in you, and soon warms from inside out.

CALCIUM.—When the doctor says you need more calcium, remember that milk is a prime source. But you can also eat more calcium by adding a spoonful or two of ground almonds to breakfast porridge or cereals.

This is excellent for children, who need half as much calcium again as their parents up to the age of twelve years, and nearly twice as much in adolescence. More calcium for children means fewer chilblains and weak hearts.

CARDIAC TROUBLE.—Remember that diet and cardiac disease are closely related. Heavy meals of fatty, rich, starchy foods with over-sweet desserts and puddings, and much drinking of tea, coffee, cocoa, or chocolate embarrass the heart directly and indirectly. A full stomach of indigestible food exerts unwelcome pressure; an over-worked liver leads to blood pressure.

It is better to have simpler meals, baked or conservatively cooked dishes, plenty of fruit and fruit juices, salads of tender leafy greens and fruits, milk, buttermilk, yoghourt, lactic cheeses, almond nut cream, and the lighter cereals such as barley, and rice.

Small meals frequently, are better than large ones four or five hours apart.

CATARRH—Catarrh calls for disciplined spartan living. Banish poor circulation with rough towel rubs from head to foot, each morning and night, and hot and cold foot-baths.

Put yourself on a diet that contains no butter or milk, and have only well toasted bread. Replace butter with peanut butter, and eat only just enough over-toasted wheat meal bread, cereal biscuits, or rusks, to satisfy. Eat fruits, nuts, vegetables, and other foods, except cakes, sweets, and rich greasy fare.

Be active out of doors daily, and breathe fully. Get all the sun and fresh air possible, take circulation rousing foot baths at night. Keep your feet warm and exercise freely. In other words, cleanse the system, and it will automatically clear itself of the membranous congestion we call catarrh.

CATARRH OF STOMACH.—Instead of retching and coughing up the phlegm of stomach catarrh, substitute linseed tea for coffee, cocoa, and ordinary tea, for a while.

You need a heaped tablespoonful of linseed, the juice of half a lemon, simmered

with half a pint of water for ten to fifteen minutes; strained, sweetened with honey or brown sugar, at least twice a day. Leave cloying, hard-to-digest foods alone; have all the fruits, salads, baked vegetable dishes you can, and oven-toast all cereals or breadstuffs.

CHICKENPOX—Is a mild disease characterized by the appearance of red spots which change into vesicles or blisters. Rash usually starts on the body and face, spreading to the arms and legs, though it may be very limited in extent. Scratching of spots must be avoided, or permanent pock marks will remain. Irritation can be relieved by applying calamine lotion, or carbolized Vaseline

Fasting, with plenty of water and pure orange juice for a day or two, with bowel-cleansing enema nightly, is recommended; thereafter, a fruit-rich diet and fresh salads. Be careful to avoid chilling during the period of the fever.

CHILBLAINS—Improve circulation by contrast baths for hands and feet; plunging alternately into hot and cold water, each night and morning.

Build up calcium content of food, with orange juice and a spoonful of ground almonds each morning, and a pinch of powdered eggshell with every meal.

If possible irradiate the chilblains with ultra-violet light daily.

CLEANSING—For cleansing and vitalizing the whole system, try the grape cure. This is excellent for over-acidity, nervous debility, rheumatism, and a blood tonic. Eat grapes at every meal, especially first thing in the morning and last thing at night, for seven to twenty-one days. You can include poached or soft-boiled eggs, cream, or lactic cheese, matzos biscuits, whole cereal biscuits, and whole-wheat bread, and an occasional salad, but grapes, should form the bulk of each meal until you tire of them.

Cleansing, regulating, and vitalizing for the whole system.

COD LIVER OIL.—When children don't like cod liver oil, remember that they don't need it if they get plenty of other vitamin A-rich foods—tender greens and saladings, grated raw carrot, peaches, apricots, nectarines (tinned or dried), milk, and eggs.

An hour or two out of doors, and a weekly ultra-violet sun bath will give them their vitamin D.

Parsley contains more vitamin A per gramme than some grades of cod liver oil, and about half as much as the best grades. It is also extremely rich in vitamin C. A teaspoonful a day is invaluable as a tonic, and a vitamin supplement to everyday diet.

COFFEE.—Coffee does more harm than good. An acceptable substitute is fruit coffee. Take equal parts of prunes, dates, and figs, and dry out thoroughly in a slow oven. Then grind, and use a tablespoonful to a pint of water.

Excellent food value and laxative.

COLDS.—If you catch a cold, bathe your feet in water as hot as you can bear, then plunge them into cold water, dry and massage with a little almond oil on your hands.

Jump into a warmed bed; drink the juice of a lightly baked grapefruit, relax and rest. Repeat the grapefruit in the morning, but do not eat until your head is clear and your system back to normal.

Break your fast with a few stewed prunes and pine kernels, and do not return to solid food until the cold has cleared.

COLDS (SPRING).—For a Spring cold, everyone has a different remedy. Treat it as something your body is trying to get rid of, and help it by (a) taking a quick, hot bath, and then getting into a warmed bed; (b) resting for twenty-four hours; (c) drinking the juice of a grapefruit, and then eating nothing but grapefruit when either thirsty or hungry.

Your cold begins to leave you in twenty-four hours, and is gone in forty-eight hours.

The above directions, if followed, will give maximum help to your system to clear the congestion and manufacture its own antibodies against a future infection.

COLDER WEATHER.—Colder days call for more heat-producing foods. Add a dessertspoonful of ground peanuts, walnuts, or brazil nuts to the breakfast cereal. Include one or two dried fruits—prunes, peaches, apricots, or dates, or a few dried currants or raisins in the same way.

This gives healthful energy, plus bowel regularity.

It is also good to add a spoonful of olive oil to the morning porridge, soups, or stews; serve a few ground nuts with fruit and desserts.

When going out in cold weather, mix a good pinch of ginger with a little brown sugar, add half a cupful of hot milk, and drink. You will find this so tones up the digestive organs that you glow with inner warmth, and standing about, waiting for buses, or being out in the wildest of March weather does no harm.

COLIC.—Colic in children often results from eating too much raw fruit. Give them a small cupful of a saltspoonful of ginger, brown sugar, and hot milk, for quick relief. Encourage them to eat a wholemeal biscuit, rusk, or slice of wholemeal bread, with juicy fruits to prevent trouble.

COLITIS.—Colitis is almost always a reflex of nervous hypertension. A cupful of thyme tea, with a few drops of lemon juice, drunk slowly, is helpful.

Diet should be adequate in fruits, vegetables, and whole foods, with yeast; but the real cure is to cultivate relaxation and achieve serenity of mind.

COMPLEXION.—Your complexion is largely dependent on what you eat.

If you would have less acne, fewer pimples and skin eruptions, avoid fried foods, chocolate, oily nuts, rich strong cheeses, gravies, fat-rich salad dressings, cakes and biscuits, and so give your fat (sebaceous) glands the chance to recuperate.

Eat plenty of fruit, salads, vegetables, soups, cottage cheese, whole cereals and wholewheat breads, milk, and drink pure water.

Then with the help of sunlight, fresh air, and exercise, your skin will clear.

COMPLEXION (SALLOW).—More vitamins B and C if the complexion is sallow. Begin taking two oranges or a grapefruit each day. Make one meal a salad meal, particularly stressing leafy greens and shoots such as young onions, mint, dandelion leaves, and even asparagus tips. Take up to a quart of milk daily, and have cream cheese often. Add a little yeast-extract to all bread and butter.

A month of good eating effects a change.

CONSTIPATION—Constipation is best cured by good habits and a diet that consists of two-thirds naturally ripe and raw food. Good habits consist largely of going to stool regularly at the same time after meals each day. Diet should include fruits for breakfast, fresh fruit or salad for lunch, and salad instead of soup for dinner. Physically active people usually react to figs, prunes, and dried fruits; highly strung people to grapes or apples; and brain workers to citrus fruits and pineapple. To your choice, add an equal bulk of peanuts, and take together. The total quantity need not be large, but should be regular before-meals medicine until efficiency is restored. No fried fare, no refined foods, but plenty of whole foods, baked when cooked. Take up to three pints of liquid in fruit juices, milk, or plain water each day.

CONSTIPATION (CHILDHOOD).—Give the children freshly grated raw carrot, sprinkled with a few caraway seeds and powdered aniseed—a spoonful is a dose—twice daily. Stimulates the bowel and helps to remove worms.

CONSTIPATION AND COLD WEATHER.—Cold and constipation often go together. If you must have something hot when you are chilled, let it be hot lemon or a little clear soup; then get warm and relaxed before tackling solid fare—your digestion will be more thorough. For a laxative, warm a grapefruit in the oven, enough to take the chill off, and eat it with a spoonful of thick cream or ground oily nuts, first thing each morning for a week.

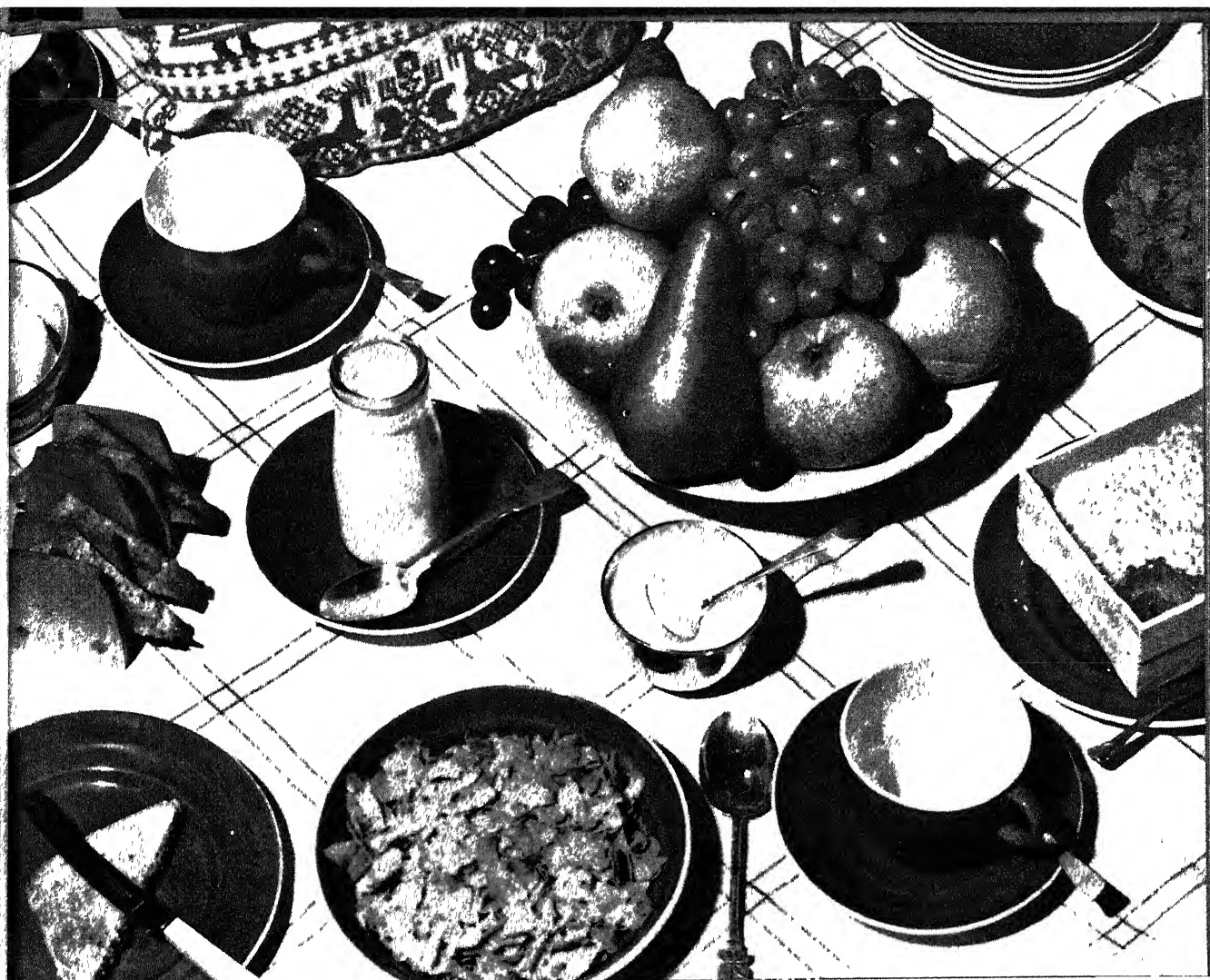
COOLING FOODS.—Actually, there are no foods which make you cool. All foods provide some fuel for the body which has to be burned with the generation of heat and energy. Some foods supply less fuel energy or calories than others, particularly fruits, vegetables, and saladings, and so should loom larger in meal planning.

Such foods should replace some of the high energy fat, sugar, and starch foods; such as cakes, fried foods, confectionery, and so forth.

Your protein needs remain about the same, but you can get more of them in milk, dairy foods, lactic cheeses, with advantage.

In hot weather your pores will be more open, and you'll perspire more freely, therefore your water needs will go up. You can satisfy these with more fruit and vegetables juices, milk, and plain water to which a pinch of rock salt is added.

When your body is warm, your metabolism is high, and there is a tendency to acidity; so get all the alkaline-forming fresh fruits and vegetables you can.



Studio Lisa

Our diet should always include a liberal supply of fruit.

COUGHING.—For a chest cough, make horehound tea—half an ounce horehound simmered in half a pint of water for twenty minutes, plus a few drops of oil of peppermint and brown sugar or honey to sweeten before you sip it hot, at bedtime.

If your cough is catarrhal, put half an ounce of linseed with the horehound. See it does not boil over; strain before drinking.

Repeat nightly, and stop coughing.

CREAM CHEESE.—Cream cheese has lactic qualities, and is more digestible than hard cheese. Can be made at home cheaply and easily by allowing a pint of milk to sour, then straining the solids out through muslin (the whey can be drunk or used in baking) overnight; and working a little salt into the cheese in the morning.

Chopped parsley or mint can also be added to give piquancy.

DIABETES.—Diabetics will find salads of real value. Dandelion leaves, gathered fresh, young and tender are herbal specifics; and grated turnip, carrot, and beet give useful substance.

The control of diabetes mellitus (sugar diabetes) should continue under the control of a qualified doctor. Treatment is on one or more of three lines: (a) Careful diet control; (b) The continued and regular injection of insulin in accurate dosage; (c) In some cases certain tablets can be used instead of the insulin injections.

Some cases which at the outset are well controlled by diet afterward break down and need supplementary treatment [either (b) or (c) above]. The diabetic, therefore, should always continue to have regular examination of the urine. Not every case is suitable for treatment by the tablets now available but must continue insulin injections. These are matters on which your doctor will advise you, and you should consult him at regular intervals, the length of which he will determine.

DIGESTION.—Good digestion is founded on an efficient liver. Add a dash of ground nutmeg, and a dash of salt to a glass of fresh apple juice and drink before each meal. This tones the liver, and helps to prevent heartburn.

Body warmth and active circulation mean everything to good digestion in winter. If you arrive home chilled to the marrow, put your feet in hot water for a minute, then plunge into cold, and towel and dry well. Sets you aglow, and tones up the digestive organs wonderfully. Minimizes the risk of gastric catarrh.

In many cases of poor digestion it is good to breakfast on the juice of a citrus fruit, an egg beaten up with a glass of hot milk, and a slice of oven-toasted rusk-like wheat bread; take a wineglassful of fruit juice before every meal, and either a little burned toast or charcoal biscuit after every meal. No leavened bread, unless toasted, and spare your stomach much starch and sugar.

DRINKING WITH MEALS.—There is no hard and fast rule. If the food is dryish and solid, a drink may help more than not.

The danger lies not in drinking, but how you drink and whether what you drink is properly mixed with what you eat. Neither scalding nor chilling beverages do much good.

A drink should never be used to swill half-masticated food down. But if your drink has food value, if you sip it, if you mix it well with the food you eat, if you "masticate" it by working it round your mouth before swallowing, it will help rather than hinder digestion and assimilation.

DUODENAL ULCER.—First learn to relax emotionally; face and make decisions on mental problems and so break the nerve tension. Then start healthful living. Drop stimulants—tobacco, coffee, alcohol, strong tea, richly spiced dishes, fatty and fried foods, and diet simply on baked dishes, gruels, Slippery Elm food, vitamin B-rich foods, milk and soups.

Give your body the air, light, and exercise it needs out of doors, and learn to breathe, fully, deeply, and easily.

DYSPEPSIA.—Inclination to dyspepsia and digestive disorders such as biliousness will be helped by the citrus fruit cure. Simply take the fruit of an orange, half a grapefruit or half a lemon at every meal. When thirsty, take fruit juice. Keep this up for a month. All other fare should be simple such as, other fruit, salads, toasted whole-wheat bread, whole cereals, milk, eggs, cream cheese, yoghourt.

It is also good to bake a lemon until warm through, extract the juice; take a dessertspoonful before a meal, and a charcoal biscuit after a meal. This brings stomach peace.

Avoid all complicated cakes and dishes, fried foods, chocolate, and fatty foods for the month.

EATING.—Eating should be a joy. The only food that actually does you good, is what you assimilate and use. You get most from what you eat when you enjoy eating with good appetite and eagerness. Eat when your mind is happy, or at least tranquil, but eat warily or not at all when emotionally upset with anxiety, anger, or frustration.

Your digestion takes its cue from your mind, and when your mind is upset, your digestion is disturbed also.

EGGS.—An egg is a complete body-building food with which to replace meat, containing all essential amino acids of first class protein.

The way to make the most of an egg is to use it in conjunction with other foods, as in making savouries, nut roasts, and vegetable dishes. The high quality protein of the egg enhances the less balanced protein of plant foods, and your body gets more total protein for cell repair and renewal, than if you ate eggs and other foods separately.

The egg contains all the vitamins except C, and is rich in minerals except enough alkalizing calcium.

A raw egg is excellent for a disturbed stomach, but is best beaten up with a cupful of milk, the juice of an orange, and a good spoonful of ground almonds, with a pinch of nutmeg, to make a complete vitalizing meal.

Powdered egg shell is a concentrated calcium tonic. Put a good pinch in the children's porridge, on cereals, in soups, or milk, and thus ensure good teeth.

EYES.—If eyes are bloodshot and irritated, perhaps you need more riboflavin or vitamin B₂. Put more milk in your diet, fresh, canned, and dried, also eggs and egg powder, and use a yeast extract and wheat germ regularly. Bathe your eyes in a weak saline solution, night and morning.

Another simple eye-wash is potato water. Bathe the eyes for a minute or two in potato water each morning, and they will lose grittiness and gumminess quickly.

FASTING.—Without food, the body puts itself on a cycle of self-purification that can mean new and exhilarating health. Try fasting one day in four, at first. Most people find a three-day fast sufficient to feel regenerated. But master the technique first. You must keep the eliminative channels open. Be active, especially at meal times. Have quick hot baths at night, and massage your skin. In breaking a fast, sip fruit juice first, then eat a pulpy fruit, and just a little cereal and cream. Each meal should be small, but

well masticated for a day or two. Properly done, fasting cleanses and rejuvenates your body, uplifts your spirits.

FATIGUE.—When the winter has done its worst, March can be a trying month. Nevertheless, your body is ready to respond to the uplift of spring. When you feel below par, change your diet.

Exclude all denatured, synthetic, and packeted foods.

Make eggs, milk, cheeses, and pulses (beans, peas, and lentils) your main protein foods.

Include in every meal either fruit or vegetables, in variety.

Keep chiefly to baked dishes for cooked fare.

Substitute fruit drinks, herb teas, and even water for coffee, tea, and cocoa.

Stick to oatmeal porridge or gruel for a cereal, and have whole-wheat bread oven-toasted. A week on whole, natural foods reconditions your body.

When overdone, hungry but too tired to eat: beat up an egg, add a cupful of milk; beat in the juice of a sweet orange, and a spoonful of ground almonds, and drink. This gives you every food element your body needs in readily digestible form.

FATS AND FITNESS.—When the liver jibs, and heartburn occurs, drop fried foods, and rich greasy gravies, rich cakes and fatty biscuits, and eat more foods containing fat in its natural state—milk, milk products, nuts, and vegetable oils and fats which have not been subjected to much heat. The fat is enveloped in fine globules, easy to separate in digestion.

Citrus fruit juices, rhubarb juice, cabbage juice, and pineapple juice are the best aids to the good digestion of fats.

FEASTING.—For healthful feasting, have a wineglassful of orange, grapefruit, pineapple, or tomato juice before your Christmas meals, and about a tablespoonful of the same fruit juice with a charcoal lozenge afterward. You will find digestion robust, and no aftermath.

FEET AND DIGESTION.—Strange but true, you cannot digest a meal well when your feet are cold. The chilled extremities affect the solar plexus and abdominal nerve by reflex. Far better to have a one-minute-hot—one-minute-cold footbath, and a rough towelling of your feet to restore circulation, before you eat.

This makes a surprising difference to your after-dinner inner comfort.

FEVERISH FEELINGS.—If you are feeling feverish you must open up the temperature regulating apparatus of the body, especially the skin. A quick hot bath or an infra-red heat bath, a hot drink and a prompt retirement to a warmed bed, piling on the blankets until your skin breaks out in perspiration, are best.

Keep warm and covered until the first sweat is over; then change bed attire and get back into bed again. Eat nothing, but when thirsty, drink all the grapefruit and orange juice or tomato juice you can take. Your body will soon be back to normal. Most helpful to those subject to malaria.



Studio Lisa

Grapefruit juice has a very salubrious effect.

FLATULENCE.—If you suffer with flatulence, eat your meals slowly, in pleasant surroundings, and with enjoyment. Before each meal, take a tablespoonful of lemon juice; after, take half a slice of almost black wheatmeal toast, dry. Drink nothing with food.

FLU.—It is usually sufficient to go to bed, take a febrifuge, and stay there until the fever and sweating is over.

But flu is weakening, and convalescence should not be hurried. Vitamin-rich food, especially vitamin C, with good protein fare, is needed. Make good use of citrus fruits and juices, tomatoes, tender saladings, baked vegetables, leafy greens, extra milk, cottage cheeses, and eggs. Bread, pastries, cakes, and fried foods are not so important.

If you are feeling fluish, your back aches, and there's a sense of weakness in your limbs, and tightness in your head, go to a well-warmed bed, drink a cupful of hot grape-

fruit juice and get down under the blankets to encourage a sweat. After perspiring, change pyjamas, towel down, taken another dose of grapefruit juice and back to bed. Do not eat until ravenous. This will save you many days of illness.

FRUMENTY.—Frumenty is the finest breakfast cereal for children. Get some whole grain wheat from the corn chandlers. Wash it in cold water, place in a pan just covered with water for about 8 hours, then cook slowly, simmering for about 3-4 hours. Salt, and serve with honey or brown sugar, and milk. With fruit, this is a well-balanced breakfast—cheap, first-class nutrition, and delightful to eat.

GALL BLADDER.—If your gall bladder is misbehaving, try the rhubarb cure. Eat a small dish of rhubarb, cooked without water, and sweetened with honey, each day. Take a little of the juice prior to a meal.

Avoid fried and greasy foods. Helps the liver to function better.

GARLIC.—Garlic is Nature's finest antiseptic for the alimentary tract and the blood. Use it often but sparingly. It is sufficient to rub a salad bowl with a segment and no more; to stir a soup or stew with a segment speared on the end of a fork; and only a trace is needed in savouries and roasts.

A peeled segment inserted into the rectum and left overnight is a healing suppository in piles.

Finely chopped, simmered in milk for fifteen minutes, and drunk hot at night, garlic can relieve asthma.

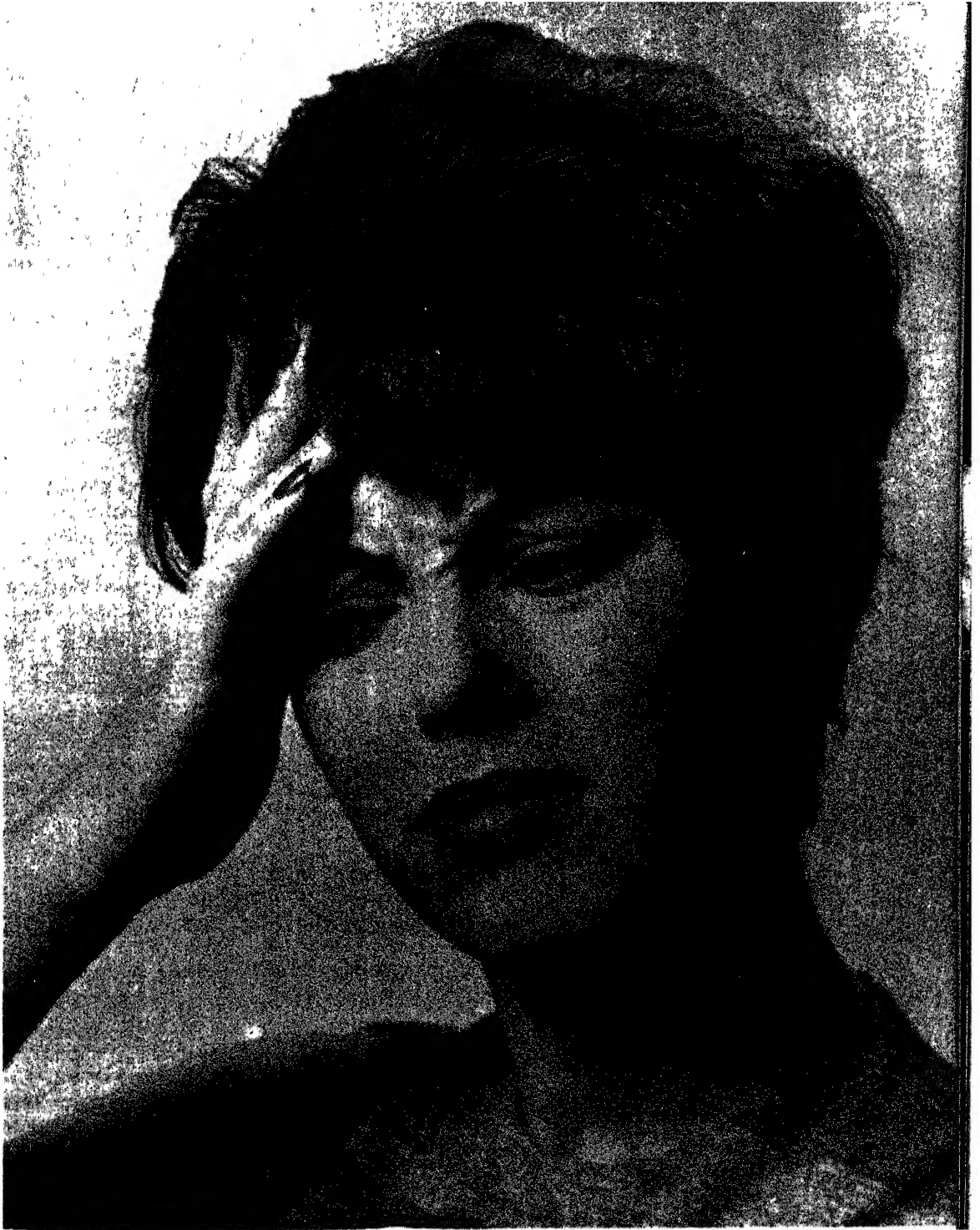
Used medicinally, in small amounts often, helps to lower high blood pressure.

GASTRIC FLU.—Warmth, rest, and no food until hunger returns will usually check it; but convalescence should not be skimped. Avoid raw foods for two to three weeks. Live on good soups, gruels, Slippery Elm food, toasted wheatmeal bread and milk, and good food-beverages until your digestive organs recover. After a meal, take a good heaped dessertspoonful of wholemeal flour browned in the oven.

GERMAN MEASLES.—This is a mild disease though a distinct one. It may start with a running nose and a sore throat, then mild fever and nausea. Then comes the rash on the body, limbs, and face. The rash takes the form of red, irregular patches, and lasts for two or three days. The incubation period is from two to four weeks.

The treatment is the same as for measles. (See Measles.)

GRAPE CURE.—The grape cure is excellent for all with tendencies to rheumatism, and who feel the need for an inner cleansing. Simply start eating one pound of grapes a day; add a few ounces daily, until you feel tired of them; then gradually slacken until you are back to a pound a day. Space the daily quantity out in meals; have light cereals, or biscuits, poached eggs, cream cheese, and simple fare with them as desired; but let grapes be the bulk of the food you eat. Drink grape juice, seasoned with a little cinnamon.



Headaches are frequently caused by constipation.

Studio Lisa

HEADACHES.—Headaches are often caused by constipation. Steep three to six senna pods in hot prune juice for several minutes, and drink at night. In the morning eat the prunes with ground nuts and cereal biscuit for breakfast. Repeat for three or four days to restore normality.

Constipation can also be eased by stewing a little rhubarb with honey only to sweeten. Take this first thing every morning for a few days. Eat more fruit with nuts, and chew dried fruits instead of sweets. Be sure that the dried fruits are thoroughly washed.

A further means of overcoming constipation is a mild cathartic such as ground liquorice root in hot water. This is an excellent method, and is non-habit-forming. Then have a hot bath, and get into a warm bed for the night.

Headaches may be caused by cold feet. The effect on the circulation and nervous activity is sufficient to make your head ache, especially if you are of a highly strung temperament. Start counter-measures by bathing the feet nightly in hot, then cold, water, alternatively for four to six minutes; dry well, and massage with a little vegetable, almond, or olive oil. A great help in keeping cold-free, and ensuring good digestion.

HEALTHFUL MEALS.—Make your meals health-renewing. If you want to know the positive-plus buoyancy of superlative health, put the health-giving foods first in your meals.

Have two fruits with cream or finely ground nuts with breakfast; make a salad of three or four tender raw vegetables with cream or lactic cheese or eggs for lunch; and have a leafy green, plus at least one other vegetable, conservatively cooked with your dinner. Get a pint of milk a day; make a whole-wheat bread the chief breadstuff you eat; and have more fruit juices instead of coffee, tea, or cocoa.

HEART AND FOOD.—Heart action is always affected indirectly by what you eat. First, heavy, indigestible meals, imposing a strain on the liver, can be a source of pressure on the heart, causing palpitation and heaviness. Cut out fried fare, rich desserts, sauces, and confectionery, etc.

Second, a good heart-beat is greatly influenced by the amount of food-calcium you get. Milk, cream cheeses, almonds, and almost every kind of fruit and vegetable contain calcium.

HEARTBURN.—Any antacid (milk of magnesia, sodium bicarbonate) will give relief, but follow with a tablespoonful of citrus fruit juice for better effect. Then overhaul your diet for a permanent cure, ruling out fried fare, rich cakes, desserts, greasy foods, and too much sweet and starchy food. Give fruits, fresh vegetables, milk, eggs, baked dishes, and toasted cereals priority.

Drink a wineglassful of pineapple juice before every meal, and nibble half a slice of well-burned toast after every meal. A week should see your digestion behaving; if not, suspect a deeper cause at work.

You could also try the lemon juice cure. Shake up the juice of two lemons with a saltspoonful of salt in a bottle. Take a dessertspoonful before and another after each

meal. Tones the liver and improves your digestion of fats and so cures your discomfort.

A tablespoonful of rhubarb juice before and after each meal is also good for toning up the liver.

HERBS.—Herbs and health go together: Herbs are valuable for their minerals, vitamins, and medicinal properties. Use the fresh herbs often when in season. They have a tonic effect. Add a few leaves of fresh mint, dandelion, mustard, sorrel, parsley, chives, yarrow, thyme, etc., to the daily salad. The medicinal principles in these plants are tonic to the system.

Use mint with peas, dill with potatoes, thyme with tomatoes, sage with beans, chives with carrots.

Mint is carminative, and a good stomach tonic; dandelion is reputed to contain the plant equivalent of insulin for diabetics; thyme tones the membranes, and parsley is probably the richest of all plants, weight for weight, in vitamins, especially A and C.

HIGHLY STRUNG.—Never let a day go by without taking thirty minutes' exercise out of doors, walking, gardening, swimming, etc. Then start eating two or three apples a day; baked with cream; raw in salads; and for sauces. Drink apple juice often, and add a pinch of nutmeg for added savour. Eggs, cream cheeses, salads, and vegetables are all helpful.

If you are highly nervous and irritable, perhaps you are not getting enough vitamin B. Stop drinking tea and coffee, and avoid meals of bread and butter with jam.

Put more saladings and leafy greens in your meals. Have yeast extract in hot milk to drink. Add wheat germ daily. Give white bread and flour a complete miss in favour of whole-wheat bread and cereals.

INDIGESTION.—Stop eating fried foods, rich cakes, chocolate, gravies, sauces, and rich desserts. In the morning, on an empty stomach, take a small raw egg beaten up with a wineglass of pineapple juice. Instead of tea, coffee, or cocoa, drink the juice of an orange whipped up with a glass of milk.

INTESTINAL SLUGGISHNESS.—Grate a tablespoonful of raw carrot on a lettuce leaf, add a pinch of caraway seed and liquorice powder, and take before each meal for a week.

IRON.—Berry fruits are iron-rich. For a change, try a cream of ground pine kernels with your dish of strawberries or raspberries, and make a meal of them with whole-wheat bread and butter. These fruits contain iron and other minerals.

JAUNDICE.—Jaundice will often yield to the free use of grapefruit, taking three or four grapefruit daily for three or four days. Eat the "meat" of the fruit as a food, not just the juice, and let half a grapefruit replace a cup of tea or other beverage when thirsty. Take whole cereal fare, vegetables, salads, soups, and stews freely to round out the diet; but no greasy, fried foods at all.

Jaundice may also be dealt with in the following way: finely shred a little raw

cabbage, sprinkle with sea salt, and spice with salad oil (equal parts by volume olive oil and lemon juice, well shaken in a bottle before use), and include with a salad at every meal, eating it first.

KIDNEYS—When kidneys are troublesome it is good to rest them for a time from liquids, especially tea, coffee, stimulants, and even water, unless it is distilled. Instead, increase the juicy fruits, succulent vegetables, and salads, and when thirsty resort to fruit or vegetable juice. Less liquid means more rest for the kidneys, and greater recuperation.

Freshly grated apple with a pinch of cinnamon or nutmeg is a breakfast tonic. Grated sweet apple, drenched in orange juice, and served with a rice cereal and cream, also makes an excellent breakfast. Make fruits and fresh vegetables your favourite foods. Have nuts and nut creams with fruit; new cheeses, lactic cheeses, and egg dishes with vegetables.

LAXATIVE.—Fruit is a good laxative. When you have fruit in a meal, spice it with cinnamon, vanilla, nutmeg, or mace, to taste. Sweeten with honey or sweet cream instead of sugar, and you will find fruit dishes laxative. To vegetables, add pinches of herbs or aromatic seeds. Try cooking potatoes with a little mint or dill seed. Use fresh leaves of herbs in salads.

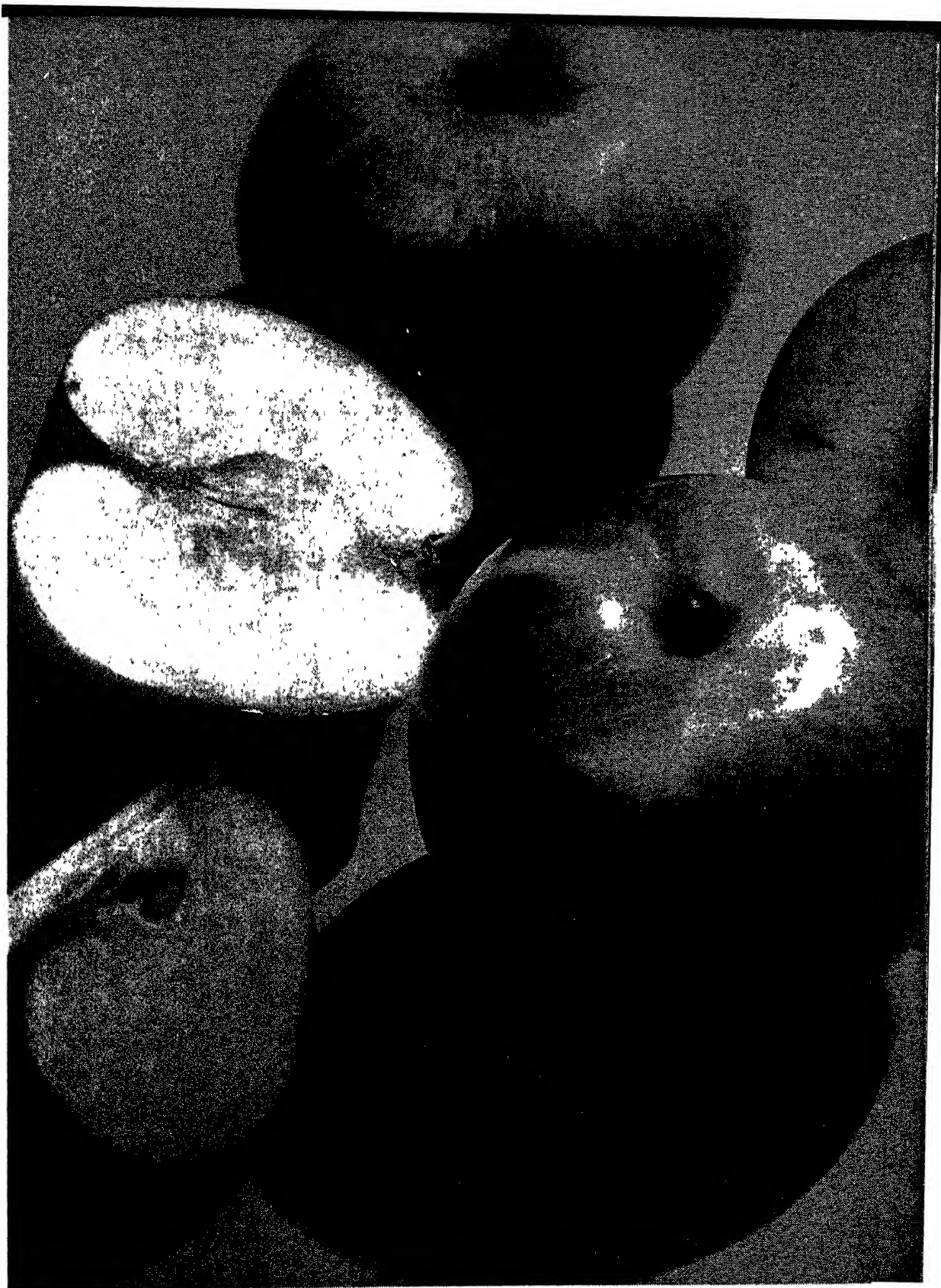
Another natural laxative is provided by mincing together equal amounts of stoned prunes or figs and raw peanuts. Take a dessertspoonful after each meal and at bedtime; chew until tasteless, before swallowing. Overcomes the stubbornest constipation in a week.

LEG PAINS.—Vague aching pains in the legs may be caused by a shortage of vitamin C. The pains are fleeting and elusive, and often put down to rheumatism. Try increasing citric fruits, tomatoes, and get all the fresh fare you can. Take rose hip syrup and blackcurrant juice, for their vitamin C richness.

LEMON JUICE.—Lemon juice is far better than vinegar for salad dressings and mayonnaise. Try the substitution. The citric acid does your stomach more good than the acetic acid of vinegar, and has an alkalinizing, not acid, end reaction. Lemon juice gives you vitamins. Vinegar has none. Lemon juice blends better with oils, eggs, and other ingredients, and ensures better digestion.

LIVER.—If you are feeling liverish, there are three sovereign natural cures: the juice of half a lemon before each meal; a good tablespoonful of the juice of salted cabbage (seuerkraut); or the eating of a small stick of tender rhubarb. Keep this up for ten days, and you will find digestion re-invigorated.

To deal with liverishness after Christmas feasting, lead a semi-fast life for a few days. Cut out the fried foods, the heavy puddings, cakes, confectionery, and roasts. Just base your meals on fruit juice, a pulpy fruit, and the simplest of solid fare—whole-wheat toast with cream cheese; baked vegetable dishes; and milk. Let the digestive organs recuperate, and get their second breath for the harder half of the winter ahead.



Fox Photos

Finely grated apple with a pinch of cinnamon or nutmeg is a good breakfast tonic

LUNGS.—Lung trouble benefits when the diet is light, easily digestible, and contains ample fruit, especially citrus fruits, berry fruits, and the pome fruits—apples and pears. With whole-cereal fare, ground nuts, and milk, fruit makes a balanced meal at any time of the day. Easier breathing will often follow from the use of thyme and horehound teas. Greasy foods, fried fare, and over-rich and complicated dishes make it difficult for the liver and the heart to work as smoothly as they should.

MEASLES.—First symptoms take the form of a feverish cold, with running nose, reddened and smarting eyes, puffy face, and rising temperature. There may also be sore throat and laryngitis. The rash appears after four or five days, as pink patches which eventually may cover large areas of the body. Measles is a mild, infectious disease, but needs careful treatment because of possible serious complications. Incubation period is twelve to sixteen days before the rash appears. Isolation period after the rash is five or six days. Careful nursing is needed, in a room with drawn curtains to diminish the light, but with good ventilation. The eyes should be shielded. The system should be cleansed by fasting during the fever, with liberal amounts of water and pure orange juice, and a warm water enema daily. A liberal fruit diet is recommended when the fever has disappeared, and the tongue is clear.

MENTAL TIREDNESS.—For mental tiredness adopt a fruitarian diet for a week or two, eating fruits in variety for breakfast; fruit salads with nuts for lunch; and having a fruit dessert for dinner. Drink nothing but fruit juices and milk. Eat sufficient of other foods to balance and satisfy hunger, but let two-thirds of your food be fruits. This will clear your system and re-invigorate the endocrine glands, to the benefit of brain activity.

MILK.—For the child who won't drink milk, whip orange juice, lemon juice, or tomato juice, with the milk, and then serve still frothing. This does more than change the taste; it helps the digestion of the milk. Adults will find milk more digestible his way, too.

When milk sours, allow it to go solid, and then strain it through muslin overnight. The whey is quite wholesome to drink or to use in baking. Salt the "cheese" and work in a little finely chopped chives, parsley or mint, and serve with salads.

Instead of plain hot milk, try adding half a teaspoonful of marjoram; or a teaspoonful of yeast extract, and it will digest better.

MOTHERHOOD.—If motherhood is ahead, a daily cupful of raspberry leaf tea (one ounce raspberry leaves infused with one pint of boiling water) for the last two or three months is wonderfully helpful, and medically endorsed.

MUMPS.—A painful infectious disease usually attacking children. There is swelling of the parotid gland under the ear, which causes apparent ear-ache. There is difficulty with eating, because of the swelling. The incubation period is from two to four weeks. Occasionally there is inflammation of the breasts and ovaries in girls, and of the testes in boys.

Patients should be put on a fast for a few days, and given only water and pure orange juice. Cleansing enemas with warm water are advisable each day. For ten minutes each day, every two or three hours, hot fomentations, each followed by cold applications, should be applied to the swollen areas. Subsequently the diet should consist largely of fruit and fresh salads.

MUSHROOMS.—Mushrooms are good protein foods, and contain vitamin D. They are one of the very few vegetable foods to have this vitamin. Mushrooms blend well with vegetables in stews, hotpots, and baked dishes, but on occasion make a meal of them as the main dish. They provide a cell-building tonic.

NEPHRITIS.—Nephritis is inflammation of the kidneys, and is also called Bright's Disease. The patient, after apparent recovery from feverish tonsillitis, or scarlet fever, passes blood in the urine. There is tiredness and loss of appetite, sleeplessness, stomach and back pain, severe headaches, and a desire to go to bed. There may also be swelling of the ankles. The doctor should be called, particularly if there is blood in the urine.

Wrong feeding is a frequent cause of this condition, also—in adults—excessive drinking of alcoholic drinks, sexual diseases and excesses, and overwork. Overeating of protein foods, particularly of flesh meat, is often a big factor.

Rest in bed between warm blankets is essential, and a diet omitting high protein foods. Care should be taken to give the damaged kidneys as little work as possible. The amount of fluid and salt should be strictly limited. A preliminary fast of a few days is advisable, with a daily cleansing enema of warm water. For some days after, the patient should have a restricted diet with fruit. Refined foods as sugar, pastries, sweets, cakes, white bread, etc., should be avoided. Also avoid stews, excess fats of any sort, tea and coffee, and all condiments. Instead of meat, there may be substituted eggs, cheese, and nuts in the diet when the patient is on the mend.

NERVES.—In case of nervous trouble, come to good emotional terms with your everyday affairs; practise making decisions about your worries and act on them; then you can relax.

Diet can help tremendously. Simply rule out the denatured foods and synthetic foods, and stress the mineral-rich vegetables, saladings, fruits, dairy foods, milk, eggs, and whole cereal fare; and eat your meals unhurriedly, in congenial surroundings.

For an inexpensive nerve tonic, crumble some brewer's yeast on a sheet of clean paper, dry slightly in a very cool oven. Stir about $\frac{1}{2}$ teaspoonful into a wineglassful of vegetable juice (carrot, tomato, beet, etc.), and take twice a day. This supplies the body with all the vitamin B complex.

Baked apples, sweetened with honey and spiced with nutmeg, are good for the nerves. Or stew freshly grated apples in a little butter, and add a little grated lemon rind and vanilla—an excellent sauce to go with puddings or dessert.

For strengthening nerves: to half a cupful of bran add a pint of water, and allow to stand for half a day or overnight, then strain off the liquid; add the juice of a lemon, and honey to sweeten, and drink as a cooling drink that is also rich in vitamins B and C.

NEURITIS.—Neuritis means inflammation of the nerves. Infra-red heat, plus the gentle working in of warm olive oil, is helpful.

But diet can help you, too. Step up the vitamin B foods, especially dried yeast in quite big doses; yeast extract; wheat germ and wholewheat bread. Take salads and green vegetables regularly every day.

NUTS.—Nuts are excellent sources of fat for winter warmth, vitamin B₁ to give you nervous vitality, and contain important regulatory factors. Combine them with fruits and they will prove tonic and laxative. Almonds, for instance, are first-rank sources of calcium. Pine kernels contain antiseptic oils, and go well with apples to keep colds away. Walnuts and Brazil nuts lend themselves to combination with cereals, onions, and herbs for nut roasts and entrées.

Have a few blanched almonds with ripe grapes and a cereal for breakfast. Your nerves will benefit. Use freshly ground peanuts with any of the dry fruits—dates, figs, prunes, etc.—to aid bowel movements. Pine kernels and pistachio nuts are good nutrients for the glands.

ORANGES.—When oranges and citrus fruits are dear, get your vitamins A and C from leafy greens, especially parsley. Half an ounce of parsley supplies more than your daily requirement of vitamin A, and more vitamin C than a grapefruit.

PALPITATION.—Palpitation may often be due to nothing more than a congested liver and over-burdened blood. Rule out fried foods and rich, greasy fare. Use fruits and fruit juices more often, and preface every meal with a wineglassful of citrus, pineapple, or grape juice. Practise to lengthen your breathing rhythm, especially the exhalation.

PILES.—To relieve piles, every meal should be gently laxative, with fruits or vegetables, and sufficient vitamin B foods; and what is equally important, Nature's calls must be taken promptly and regularly each day at the same time. Soups, gruels, Agar Agar desserts and sweets, baked dishes, and simple fare which digest easily and provide a non-irritant eliminative bulk are essential. Garlic used medicinally is invaluable to clear the blood, and a clove of garlic inserted in the rectum overnight is the simplest and most helpful suppository; dip it in olive oil first.

Avoid scouring rough foods. Keep the liver active with lemon or sauerkraut juice before meals. Bathe anus region with hot fomentations nightly, and oil afterward with a little almond oil or olive oil.

PINS AND NEEDLES.—Pins and needles in the limbs may mean that you have been sitting or posturing in one position too long; but if you are adult, they may also be early symptoms of arthritis; or of a lack of sufficient vitamin C. In any case, only good can come of stepping up your intake of fresh foods, especially fruits and salads.

POLIO.—(See article on page 94.)

PORRIDGE.—The best and cheapest of porridge—get some new season's whole-grain wheat from a corn merchant; grind it through a food mill; add one part meal to four parts boiling salted water in a double boiler, stirring carefully in; add a spoonful of olive oil; and cook thirty to sixty minutes. Serve with top milk or cream and a little honey, if sweetness is wanted. With an apple, or a small dish of fruit, it makes a cheap meal, but rich with all the vitamins, minerals, and whole-wheat germ.

RHEUMATISM.—To combat rheumatism, keep your circulation vigorous with nightly hot foot baths, adding a handful of Epsom salts to the water. Keep your diet well balanced with alkalinizing foods, particularly fruits, vegetables, saladings, celery, milk, and cream cheese. Never let your body get stiff with cold, in part or whole. Protect your kidney area with a piece of flannel across the small of your back. Breathe fully. (See Grape Cure.)

RUN-DOWN.—Try the grape cure if you are feeling run-down. Begin your day with a few ripe grapes, a cereal biscuit, and a little cream. Whenever hungry or thirsty, eat more grapes. *Mid-day:* have a light salad and a little wheatmeal bread and cream cheese. *Evening meal:* Grapes; bran bun, or wheatmeal toast, and an egg, and a little gingerbread or seed cake. *Each day:* eat a few more grapes and decrease other foods until taking up to two pounds a day. When you feel cleansed inside and are taking a turn for the better, cut down the grapes and substitute other foods until on a well-balanced diet. Leave coffee, tea, and stimulants alone. Ten to fourteen days are usually sufficient to rejuvenate the digestive organs and give you new health.

SALADS.—A salad a day keeps nervous trouble away. Raw vegetables are rich sources of the minerals and vitamins invaluable to the nerves, and help the kidneys to deal with acid wastes effectively. Finely shredded cabbage or sliced sprouts are more economical than hothouse lettuce. You can use finely grated carrot, turnip, parsnip, or beet for colour and food value. Cauliflower, celery, and thinly sliced onion are quite palatable raw. Tomatoes, cold cooked potatoes, and sprigs of fresh parsley and other herbs give variety. Spice with a French dressing of lemon juice, olive oil, and paprika to aid digestion. Add cheese, egg, or ground nuts, and whole-wheat bread and butter, and you have a balanced, economical meal.

For healthful salad-making, choose not more than three salad vegetables and a herb garnishing. Have a root vegetable—carrot, turnip, beet, etc., finely grated raw; a leafy vegetable—lettuce, water-cress, dandelion leaves, endive, mustard and cress, celery, etc.; and a "seed"—tomato, peas, beans, etc. Arrange tastefully, with a fresh herb—parsley, mint, chives, sorrel, young spring onions, thyme, etc. Add a protein food—egg, cheese, nut savoury, and salad oil or mayonnaise, and, with whole-wheat bread and butter, the meal is balanced for health and nourishment.

SCARLET FEVER.—An infectious disease which starts as a sore throat, causing difficulty in swallowing, particularly solid foods. As fever develops there may be vomiting and stomach pains. The patient may also become delirious. The rash appears after a day or so, which takes the form of fine red spots on the limbs and

body, spreading to the face. The tongue has a white coating, and later becomes a typical strawberry red. The fever subsides after a few days, and the rash, after turning brown, disappears.

Fasting is recommended, to enable the body to eliminate toxic matter. The patient should have water and orange juice to quench his thirst, until the fever disappears. The bowel should be cleansed with a daily warm water enema. Subsequently, when the temperature is normal, a liberal fruit diet is recommended. Ample time should be allowed for convalescence, the patient, throughout his illness, being kept warm between blankets.

SICKNESS.—Children are closer to Nature than adults, and when they are sick, they naturally and properly decline food; so do not force them to eat. If feverish, keep them warm, and without food until the fever breaks. Hot citrus fruit juices are best. Fever burns up the toxins and germs troubling them, and it is best to bring it to a head with warmth and good nursing, but no food.

SIGHT.—If you find you have difficulty in seeing at night, or adjusting your vision to darkened rooms, etc., you may be short of vitamin A. Include more milk, yellow-green foods like salads, parsley, raw carrot, peaches, apricots, and fresh leafy greens in your diet. Conserve your vision from glare by wearing polarised glasses in bright sunlight.

SINUS TROUBLE.—For immediate relief, try the simple method of sniffing a pinch of powdered borax up each nostril every morning. Blow the nose after a minute, and you will clear the passages and help mucus drainage. Permanent cure calls for non-mucus-forming diet and sensible exercise.

SKIN.—For a sallow skin, eat more vitamin C by having at least two fresh fruits or a salad of fresh vegetables with every meal; fruit juices for drinks; and give special emphasis to citrus fruits, palatable herbs like parsley, chives, and dandelion leaves. Use paprika as a condiment and give your skin regular rub-downs with a loofah or powdered sulphur to free it of dead cuticle and old skin.

Skin troubles, whether boils, acne, pimples, eczema, psoriasis, or just a muddy, sallow complexion, may all be safely dealt with as above. Leave out from your diet chocolate, cocoa, fried fare, and rich, greasy dishes; eat only oven-toasted wheatmeal bread or cereals or cereal biscuits for breadstuffs; use the seasonal abundance of fruit freely, have a salad a day, and balance with milk, cottage cheese, or eggs; and eat dried fruits for sweets. At the same time, air and sun your skin as often as possible.

SMOKING.—A good cure is the psychological one of substituting a new behaviour pattern for smoking actions. Make an effort of doing with one cigarette less every three to four days; by taking a dried prune, and sucking it until tasteless, and having a short walk when the desire to smoke comes on. Give your mind to deep breathing for five minutes. A pinch of cream of tartar in a little warm water makes tobacco distasteful to many.

SPRING-CLEANING DIET.—Why not devote one week to living on the whole, natural, vitamin-rich, and mineral-rich foods only: Salads, leafy green vegetables, citrus fruits, whole-wheat bread and cereals, milk, eggs, mushrooms, cottage cheeses, and new cheeses, and nuts. Cut out the "civilized" staples—white bread, white flour, white sugar, jams, processed and synthetic foods, rich cakes, etc., and fatty fare. For a week, do without chocolate, cocoa, tea, coffee or stimulants; and spend the money on fruit juices, vegetable juices, milk, and drink a pint of water between meals. Costs little, but has a profound health-regenerating effect on the system; an enjoyable penance bringing the happiness of well-being.

STOMACH.—For a rebellious stomach and to stop the tendency to flatulence and hiccup, add tender mint leaves and mustard leaves to salads, and sip mint tea.

Where there is dyspepsia, and gastric acidity, whip up the white of an egg with a spoonful of lemon juice, and take first thing each morning on an empty stomach.

Give up tea, coffee, cocoa, and stimulant drinks for a week. In their place, put fruit juices, vegetable juices, milk, buttermilk, yoghurt, and plenty of salads and fresh fruits; corrective for the whole alimentary system.

THROAT.—For sore throat simmer a dessertspoonful of flaxseed, with one of horehound and of honey in a pint of water for fifteen to twenty minutes, watching that it does not boil over. Sieve and sip slowly while hot. Very soothing.

THYROID.—Over-excitability, jumpiness, and tendency to goitre reflect thyroid gland disturbance. Eat more iodine-rich foods, especially vegetable gelatines such as Agar Agar and carrageen moss. Add them to soups, desserts, and milk drinks, consistently. Given more iodine, the thyroid will settle down to more normal activity.

TIREDDNESS.—If you always feel tired, it may well be that your thyroid gland is not functioning as it should, and so your metabolism is poor. Introduce an iodine-rich food into your daily diet, such as carrageen moss or Agar Agar. Powdered, it may be sprinkled on dishes, added to soups and gruels. Or it can be used for the making of desserts and puddings, as a vegetable gelatine. Consistent daily doses will build up the iodine content of your body that the thyroid needs; then your energy curve will go up.

TONICS.—If you have an inclination to indigestion from rich, heavy, and cooked winter fare, try these two tonics: the juice of half a lemon, or its equivalent in orange, pineapple, or grapefruit juice before every meal; a charcoal biscuit or two charcoal tablets after every meal; and toast all bread to a rusk-like crispness. A week makes all the difference.

A tonic for highly strung children: put a dessertspoonful each of bran, raisins, and ground peanuts in a glass of milk to stand overnight, warm and serve for breakfast next morning. Strengthening, rich in vitamin B, and a sure regulator.

ULCERS.—Pineapple juice, taken before meals, is an excellent stimulant for tired stomachs. A teaspoonful of lemon juice beaten into a cupful of sweet milk, drunk right away, is easily digested and helpful where there are stomach ulcers.

URIC ACID.—For dissipating uric acid, instead of drinking tea, coffee, or other stimulants, eat melon to quench your thirst; include plenty of juicy fruits and vegetables in your meals, and when you want fluid, drink fresh apple juice. A week or two on these lines can restore the acid-alkaline balance of your system.

VEGETABLES.—Get the full health-giving savour from vegetables by adding pinches of herbs to them in cooking—mint with peas, dill seeds with potatoes, thyme with tomatoes, aniseed with carrots, sage with onions, celery seeds with marrow, and carraway with turnip. Herbs are nature's medicines.

VERMIFUGE.—An effective vermifuge for children, is grated carrot in salads, sprinkled with a little ground aniseed. This corrects intestinal trouble, and frees them from worms.

Another remedy is to grate or mince together equal parts of figs and peanuts, and add a good pinch of aniseed to each tablespoonful given as a nightly dose for three or four nights. This will be eaten with relish, and will provide the necessary regulation.

VITALITY.—If you feel at the end of your tether, and perpetually tired, try eating to live, instead of living to eat. Drop all your cereals, breadstuffs, cakes, pastries, puddings, fried and greasy foods, tea, coffee, cocoa, and stimulants. Put yourself for three days on starch-free and sugar-free fare. Work a menu out of fruits, vegetables, saladings, milk and milk products, eggs, soft cheeses, almonds, walnuts, and drink nothing but fruit juices, milk, buttermilk, and herb or maté tea. Things will look much better after three days.

Drink all the fruit juice and vegetable juice you want. A month of eating nothing but natural, whole foods cleanses and refreshes you internally, and sets your body functioning on a new plane.

VITAMINS.—Vitamin C is the vitamin that keeps your complexion from becoming muddy and sallow, and helps to prevent those vague symptoms of ill-health such as loss of energy, fleeting pains in your joints and legs, restlessness, and irritability. Your body cannot store it, and you need enough every day. Citrus fruits, and the juices of tomatoes, blackcurrants, and rose hips are good sources; but the cheapest sources are the green, tender shoots and leaves of vegetables; whole potatoes, and saladings. The safest way is to have some raw fruit and vegetables every day.

Good sources of vitamin C are fresh foods, particularly salads, parsley, mint, young onions, carrots, and leafy greens, soft fruits, and fresh milk.

Spring vitamins: new growth in the plant kingdom calls for concentrations of vitamins, minerals, and proteins at growing points. Spring is the time to seek the young leaves of dandelions, parsley, chives, lettuce, etc., and the growing tips of asparagus,

mints, and other herbs for inclusion with salads. Add cottage cheese, newly matured cheese, eggs or rissoles, and whole-wheat bread, and you have the foundations of health-giving balanced meals.

Adding vitamins to butter: for picnic and summer sandwiches make up a savoury butter of a teaspoonful of yeast extract worked into $\frac{1}{2}$ lb. of butter. For sweet sandwiches, work in a little lemon or orange juice with salted butter. Yeast extract adds vitamin B to the butter's A and D; while citrus juices add vitamin C.

WARMING FOODS.—Real body warmth comes from heating foods rather than from extra clothing. Add a teaspoonful or so of ground nuts to morning cereal for breakfast. Eat a few dried fruits daily, especially as sweets, when hungry between meals. A little oil is helpful. Use the honey pot rather than the sugar bowl. Add grated cheese to salads and soups. Nut butters can be used to great advantage.

WHOOPIING COUGH—A troublesome infectious disease which especially affects the windpipe. Young children are the main victims, and are attacked usually in the spring or autumn. Onset takes the form of a head cold, fever, running nose, and reddened eyes. The cough is at first hacking and dry, and in the latter stages there is the typical whoop when breathing in. There may also be vomiting. The disease may last several weeks.

For quick recovery the patient should be put on a fast, with nothing but water and orange juice for a day or so, and given a daily enema with warm water. As the more serious symptoms clear, an all-fruit diet for a few days is recommended. Refined, demineralised foods should be rigorously avoided—such as white bread, white sugar, cakes, and sweets.

WINTER SALADS.—Finely shredded heart of cabbage, finely sliced sprouts, the young tender shoots of cauliflower, and tender celery tops can all substitute for lettuce; carrots, turnip, parsnip, and celeriac should be grated finely to make the most of their succulence; even raw onion, thinly sliced and dipped in salad oil has a fresh piquancy. Tomatoes and cold cooked potatoes, beets, and similar vegetables add variety. You get more vitamins, however, from the raw foods at less cost. Add cream cheese, grated cheese, egg, or a rissole, and with bread and butter, you have a balanced health-giving meal for any winter day.

WORMS.—For childhood worms give freshly grated carrot, sprinkled with aniseed and just a small pinch of powdered wormwood, for three or four nights. (See Vermifuge.)

YOGHOURT.—Yoghourt is a form of fermented milk, and it has nutritional values about equivalent to those of the milk it is made from, no more. Some people find it more digestible than fresh milk, and save their stomachs the job of having to make curds. There is no very convincing evidence that it lengthens life. The Balkan people who eat a lot of it make yoghurt because milk will keep in that form. So if you do not like yoghurt, you are missing nothing, provided you get your milk.

Polio Pointers

By J. DeWitt Fox, M.D.

(Editor of "Life and Health")

EVERY year millions of mothers face summer with dread. "Will polio strike our town and our home this year?" they ask. "What, oh, what, can we do to prevent it from striking our child?"

Polio, as doctors know, is a virus disease. Like the common cold and other virus diseases, it is probably with us all the time, but unable to gain a foothold until our bodily resistance is down. Despite new wonder drugs, your child's best defence is tip-top health at all times.

Each summer almost simultaneous with the polio season is the pop and ice-cream season. Each summer millions of mothers unwittingly lower their children's resistance to polio by letting them fill up on pop and sweets in place of their normal body-building foods—milk, green vegetables, fresh fruit, and proteins.

Now we have no case against soda pop, ice cream, and other sweets when eaten in moderation and after the normal nutrition has been satisfied. But we do feel that mothers should be forewarned as to some of the damage these things can do to their children, and how dangerous sweets can become in lowering children's resistance to polio.

It is interesting to note some pop and polio statistics. The steady increase in the annual incidence of polio and the sale of soft drinks is almost parallel. For example, in 1938 in America each person drank 75.4 bottles of pop, on an average, and the country had 1,705 cases of polio. By 1951 a steady increase had occurred, until they drank 173.8 bottles of pop, and now the appalling number of 28,500 cases of polio.

Now, these are only figures, and cannot be interpreted to mean that pop causes polio in any sense of the word. The fact that the population has increased rapidly can account for some proportion of the cases of polio. However, these are per capita figures on soda pop, which means that the same American who in 1938 drank 75 bottles of pop is today drinking 173, through his indoctrination via poster and radio.

Well, you ask, how do between-meal sweets hurt my child? First, it cuts his appetite for good food. He drinks pop in place of milk. The pop gives him sugar, a little coloured water, and little more. Milk gives him calcium and phosphorus—vitally needed for normal nerve function. The sugar requires calcium and phosphorus for its use in the body. Without the calcium being supplied in milk and other foods, the body borrows from its reserves—the bones and teeth—and this borrowing robs the body of the calcium it needs.

Most important, between-meal sweets allow a high concentration of sugar to remain in the throat. Here bacteria live continually, and they grow on sugar. If we supply it in high concentration, we favour sore throats—one of the first signs

of polio in many cases. Why flirt with danger? Make sure your child eats his sweets at mealtime only. Also make sure he washes his mouth out with water or brushes his teeth. Every dentist will tell you that sweets are notorious enemies to teeth.

Cola drinks come in a special category. You should be aware of what they contain, and then see whether you prefer your child to drink them in place of milk. First, they contain caffeine ($1\frac{1}{2}$ grains to each 6 ounces), about as much as a strong cup of coffee. Most wise parents will not let their children drink tea or coffee, but they may allow them caffeine in cola drinks quite freely.

Most cola drinks and other soda pop contain about 10 per cent sugar. In a six-ounce bottle this is pretty nice syrup—containing one tablespoonful of sugar. Yet no parent lets his child sit down to the sugar bowl and eat a tablespoonful of sugar. But some of us let our children drink several tablespoonfuls daily in soda pop.

Worst of all, cola drinks contain phosphoric acid (0.055 per cent by weight) and are strongly acid (pH 2.6). This is strong enough to decalcify the enamel of your teeth a hundred times under normal mouth conditions.

Prof. Clive M. McCay of Cornell University, while working under a grant from the office of Naval Research, reported this startling fact: "At the Naval Research Institute we put human teeth in cola beverages, and found they softened and started to dissolve in a short period. They become very soft within two days."

Parents go to great ends to prevent carious teeth and to build their children's health by frequent visits to the dentist and by encouraging dental research in the prevention of decay. But they defeat their purpose when they let their children drink or eat too many sweets.

Too often a polio patient is a child who has indulged too freely in so-called fluff foods—soda pop, cola beverages, salted peanuts, popcorn, sweets, pastries, white-flour products, and the like. Add to this the fatigue, the loss of sleep, and exciting emotional upsets of holiday time, and you have the soil in which the seeds of polio grow.

Now for an explanation of the seasonal incidence of polio and its possible relationship to summertime sweets. About the middle of July school is over, and the kiddies are home for fun and play. Meals become a little less rigid. Mother lets Johnny have a sandwich and a bowl of soup for lunch instead of the vegetables, milk, and protein he needs. In mid-afternoon Johnny comes into the house and begs, "Mother, may I have a bottle of pop or an ice-cream cone? All the other boys are having one. May I, Mother?" And so Mother says, "Yes, Johnny."

This programme is followed for a month to six weeks. During this time Johnny has been shortchanged on his nutrition. He has been skipping the blood-building foods—green vegetables, milk protein, fruits. In place of milk he's enjoyed pop; instead of green vegetables he's had biscuits and ice cream; instead of fruit he's had sugar and coloured frozen water on a stick. And by the end of August, Johnny is beginning to look a little pale and anæmic. He is beginning to complain of various little sore throats, headaches, and runny noses.

If Mother will take him to a doctor, she may find that his blood count is down, and he not only looks anæmic—he is anæmic. Something every mother should realize is this: Anæmia is a sign of lowered bodily resistance. It means



Studio Lisa

1. AVOID CROWDS



Studio Lisa

2. AVOID CHILLING

IF POLIO COMES



Studio Lisa

3. AVOID GETTING OVERTIRED



4. AVOID THROAT OR MOUTH OPERATIONS

Johnny doesn't have all his body's defences available to fight polio and other summertime maladies. If ever Johnny needed his full strength of bodily armies to fight disease, it is during polio season. But with so many Johnnys anæmic and run down, somebody's Johnny is sure to catch polio.

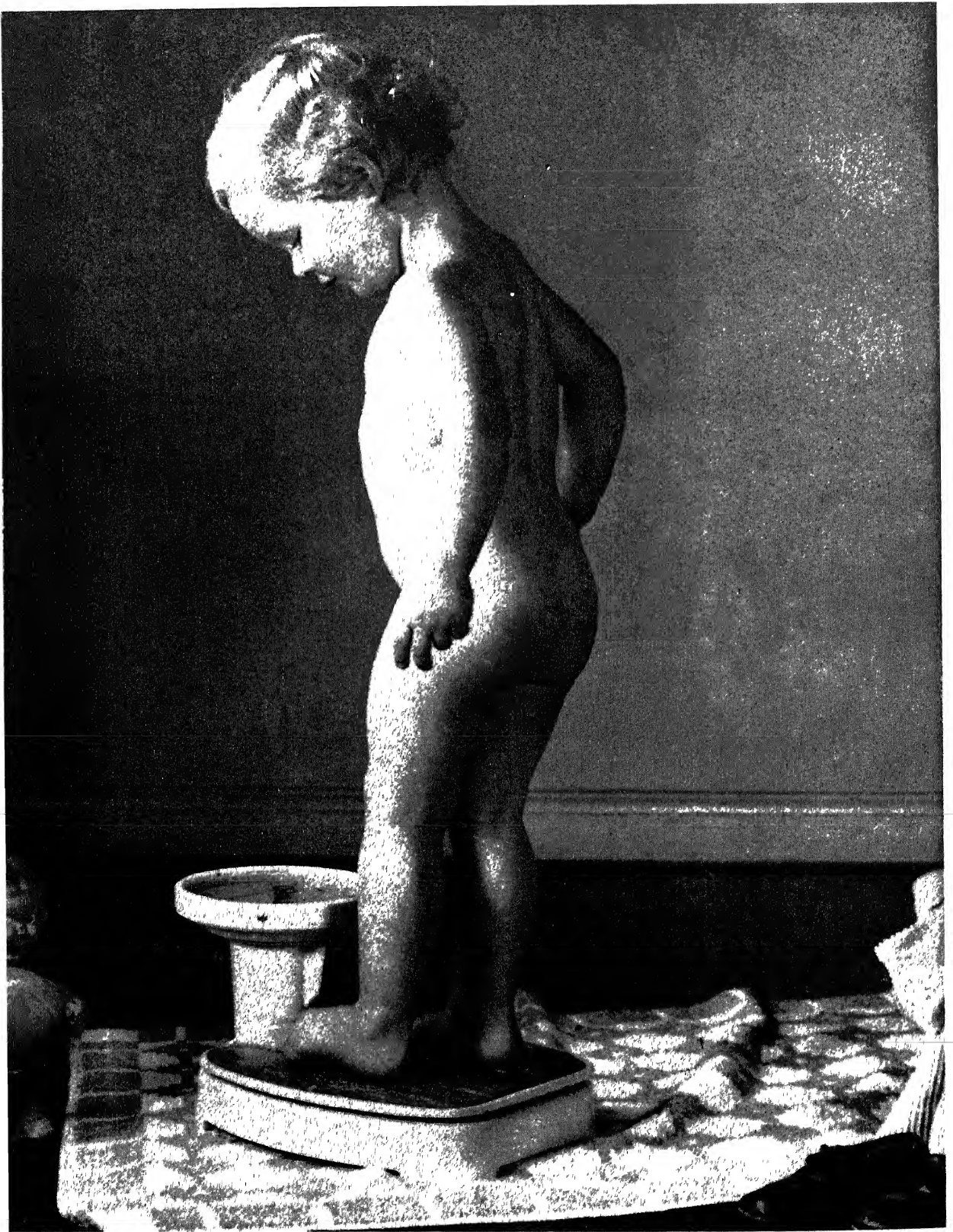
Many mothers are asking now, Aren't there other ways to lower resistance to polio besides eating sweets? Yes, indeed. When Johnny goes swimming he should not get over-tired and fatigued. Fatigue can be fatal. It also lowers resistance.

Chilling is another way to break down the body's defences, and so are loss of sleep and too much emotional excitement. Travelling is especially a problem in the summertime, because we are anxious to get to our vacation spot in a hurry. We stay till the last minute, then must return home in a hurry. But long hours of driving, loss of sleep, and poor eating along the way spell trouble for Johnny, who often arrives home ill. Children are not able to stand travelling as well as adults. For your child's sake, and your own health, take it easy when you travel.

Finally you may ask, "Why are you so steamed up over polio?" Well, it was my misfortune to have polio two summers ago, and thanks to excellent medical and nursing care, and help from the National Foundation for Infantile Paralysis, I came through with only a slight residual of tightness in one leg.

For the encouragement of millions of mothers I can say from experience—polio doesn't always mean paralysis. Only a very small percentage of cases—15 per cent—will have crippling effects from polio.

Remember summertime sweets should not take the place of good old-fashioned food if we would protect our children against polio.



Weight has a significant bearing on health.

Your Weight and Your Health

By S. B. Whitehead, D.Sc.

THE answer to: "What do you weigh?" is highly pertinent both to yourself and to your doctor, for your weight has a significant bearing on your health. Neither overweight nor underweight are very desirable, though, of the two, overweight is the more menacing.

The French have a proverb: "To be fat is to be old." This has more than a germ of truth in it. Overweight exists largely as fat in the tissues. It takes up room, distending muscles, enlarging some organs, compressing others, and has the effect of grossly interfering with the smooth functioning of the body as a whole. It slows up the body, and ages it, so that it makes the body much more liable to early breakdown. Overweight is often a factor in many diseases, such as high blood pressure, diabetes, liver and kidney ills, heart troubles, rheumatic disorders and even structural defects like flat feet.

On the other hand, underweight impairs resistance to inclement weather, and may be a factor in nervous disorders and certain digestive disturbances. But the body functions more easily in the absence of excess fat, and the over-thin are not so subject to sudden sickness and crises that shorten life.

THE IDEAL WEIGHT

What then is the ideal weight for the body? This primarily depends on age, sex, and height. The average weights determined by these factors can be ascertained from the chart on any good chemist's weighing machine. But it is not the final answer for the individual. Body weight is also influenced by other things which cannot be taken into account in computing averages.

For instance, your skeleton contributes some thirteen to seventeen per cent of your body weight. You cannot alter this much. If you are small-boned your ideal weight will

be less for age, sex, and height than the average. If you are heavy-boned, it will be more. So that the best weight to be for your good health probably lies within five pounds, more or less, of the average shown on the usual charts. If your body weight lies within this range, you need not worry about it from a health point of view.

There are, however, certain periods in life when some overweight is normal and even to be welcomed. These periods are generally times of glandular stress. Girls, and boys to a lesser degree, go through a period of adolescent fatness when they may be dissatisfied with their physical appearance, but from which they eventually emerge. It is folly to try to get rid of this "puppy-fat" by drastic measures. It is there to safeguard the body during glandular changes, and once the glandular functions settle down to the new rhythm of maturity, the adolescent fat is absorbed.

Another period of normal fatness comes to women when they are expectant mothers. Again this fat is there for protective purposes, and normally will be lost again after child-birth and nursing. It is folly to attempt to stop this normal increase of weight by dieting or other means.

THE REASONS FOR OVERWEIGHT

What makes a person overweight? The answer overwhelmingly is over-eating. There may, of course, be odd instances when overweight is traceable to faulty functioning of a gland, such as the thyroid; but in ninety-five cases out of a hundred overweight is definitely traceable to eating more than the body requires to nurture and energize its activity.

Energy is conveniently measured in terms of Calories. A Calorie is the unit measure of the amount of heat needed to raise the temperature of one gram of water one degree centigrade. We get our energy from food, and the Calorific values of different foods are well known. One gram of protein or carbohydrate (sugar or starch) yields four Calories. One gram of fat yields nine Calories. Vitamins and food-minerals yield no Calories. So the Calorific value of any food is determined by the amount of protein, fat, or carbohydrate it contains.

CALORIE REQUIREMENTS

Your Calorie requirements may vary from day to day according to the energy you expend. A sedentary man needs about 2,500 Calories daily, a moderately active man 3,000, and a manual labourer 4,500, or more. A woman needs fewer Calories; 2,100 if sedentary, to 3,000 when very active. A child of three years may need 1,200 calories, but in the teens may expend 3,000 or more daily.

It is when you eat more food-Calories than you expend in keeping the body functioning and active, that the body has to find ways and means of storing the excess. It converts the unutilized carbohydrate and fats into tissue fat, and packs it into the tissues, around organs, in muscles, and under the skin. If you eat fewer food-Calories than can meet your immediate needs, your body pulls on its reserves of stored fat, etc., and uses it up.



"Dolly Dimples"

America's "Dolly Dimples" and husband study her picture as circus fat lady weighing 555 lb. —her daily diet being at that time 8000 calories! When doctors ordered: "Reduce," she shed 400 lb. in fourteen months!

EATING IS THE SOLUTION

Quite simply, then, the control of overweight lies in eating less, and underweight can be defeated by eating more. The dietetic control of body-weight, however, is not just a matter of reducing the intake of food all round. It does not call for missing meals or living on fewer foods, or even omitting certain foods. It is a matter of first eating a balanced diet, and second, adjusting the total Calorie intake to meet your needs.

Whatever your weight, you need a certain amount of protein, carbohydrate, and fat, plus vitamins and food minerals to keep the body itself functioning and in good health. Thus you should get a minimum of at least two fresh fruits, a salad, a serving of a leafy green, a pint of milk, an egg or an inch cube of cheese daily, plus other foods such as cereals, bread, fats, etc., according to your Calorie requirements.

Certain foods contribute many Calories for their bulk. First come the fats—butter, margarine, olive oil, nuts, etc., then the cereal foods and sugars, like jams, honey, rich desserts, cakes, confectionery, chocolate, cocoa, cereals, biscuits, breadstuffs, and dried fruits. In a weight-reducing diet, it is these foods which must be eaten parsimoniously. None need be omitted entirely, but when you have a chocolate or a pat of butter, it should be with the realization that it contains as many Calories as half a pound of potatoes.

ART OF WEIGHT REDUCTION

The art of weight-reduction lies in a strict control of the high-Calorie foods to keep within the total Calorie restriction needed to ensure loss of fat by the body. On the other hand, low-Calorie foods such as fresh salads, fruits, fruit juices, milk, and root vegetables may be used to give bulk and so satisfy the appetite.

While exercise is beneficial in enabling the body to lose (or gain) weight healthfully, it is a poor aid in itself in weight reduction. You would have to walk eighteen miles at three miles per hour to lose half a pound of body fat. You can achieve the same end by omitting 2,000 Calories' worth of food from your diet—roughly five servings of apple pie.

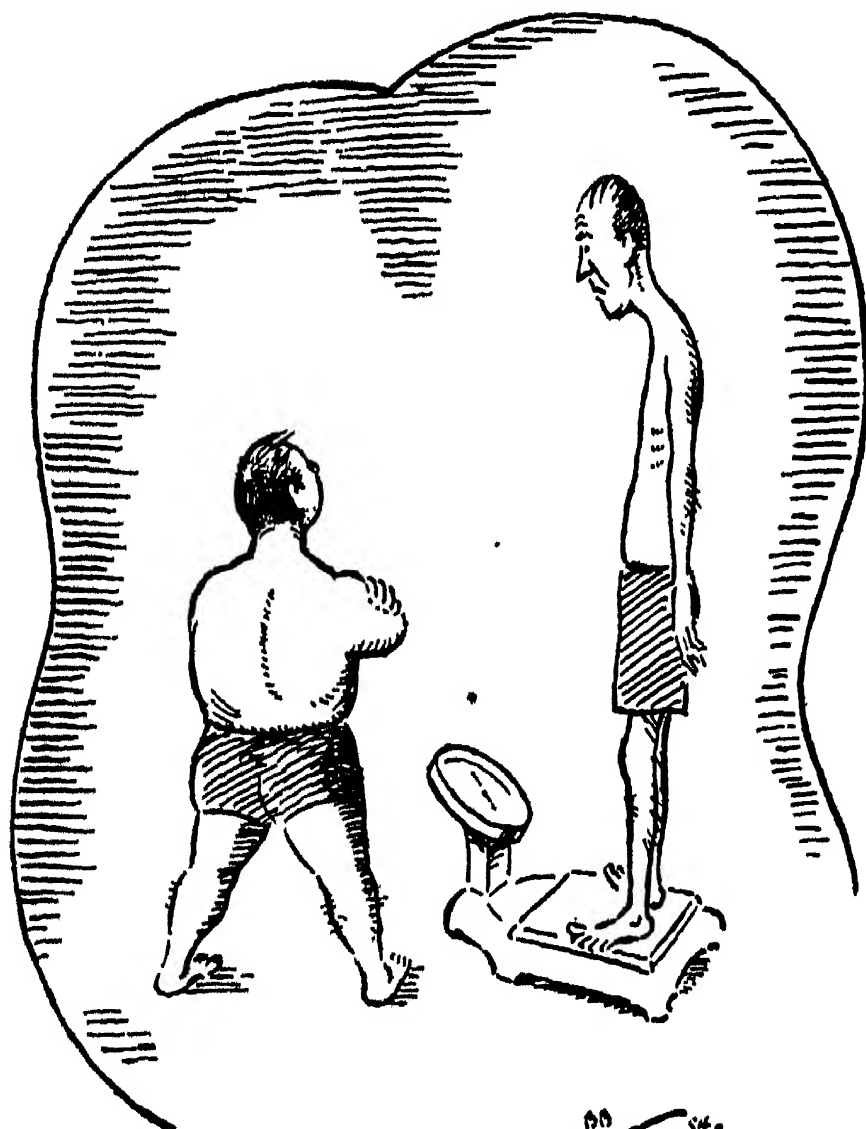
MENTAL FACTOR

There is one factor which makes for overweight, and that is mental. Contrary to popular opinion, many fat people are not happy, but frustrated. One of the symptoms of their mental disturbance is the tendency to make themselves comfortable by eating, especially snacks. Consequently, a serious attempt to lose weight calls for discipline, and possibly some facing up to mental problems, or emotional ills. The habit of snacking must be conquered, and the menu planned to regular meals of appetizing fare in which low-Calorie foods predominate.

It is unwise to attempt sudden weight reductions. It is best to aim at a steady loss of one to three pounds each week until the desired figure is attained. As soon as the meal has been eaten, it is best to rise from the table and become engrossed

in some other activity. The greatest difficulty is at the outset. The stomachs of fat people are distended, and when their capacity is not filled, there is a lingering of appetite and a feeling of unappeased hunger.

If, however, the stomach finds it is not going to get as much food as of yore, it will reduce itself, and before long, the smaller meals will be found satisfying to appetite and hunger. Apart from the physiological benefits of having to carry less weight around, there is a psychological one of a better figure and the sense of achievement that always follows a feat of mastering body control.





Studio Lisa

*"Who loves the rain and loves his home,
And looks on life with quiet eyes,
Him will I follow through the storm
and at his hearth fire keep me warm."*

Healthy Wedlock

————— By Arthur Huse, M.D., F.R.C.P., D.P.M. —————

MARRIAGE is one of the institutions established by God when He gave Eve to Adam to be a helper and companion. The plan was that men and women should be united in the knowledge and fear of God, and to be a symbol of the union between Him and His church.

Marriage would always be truly successful if the relationship which connects Christ to His church, should likewise connect husband and wife. Such would make matrimony a very sacred union. From such a union the parties would derive strength, happiness, and encouragement. And each would contribute to make the home and partner all that they should be.

Preparation for Marriage. For the major events of life, due preparations are usually made. Marriage is one of the major events of life, and should therefore be wisely prepared for. Needless to say, one's future is largely dependent on the choice of one's partner. All too often, impulse is the dominating factor in making one's choice. The result is often unsatisfactory—with regrets, sorrow, and disharmony, and lack of co-operation. Intelligence, reason, and thought, should be used in making one's selection, and in controlling the home.

Those who are truly wise will seek the guiding influence of the Holy Spirit, recognizing that faith in, and obedience to, God as leader and Guide are the surest means of matrimonial success. Other links in the chain of preparation for marriage are health, steadfastness, love, and ability to earn a living.

Love is really a priceless gift, which can be developed by practice. It is not merely a feeling or impulse, but an abiding, guiding principle. Love, in the truest sense, exists only where God reigns in the heart, and where one's life is controlled by thoughts for the welfare of other people. True love is more concerned with giving, than with receiving. It finds satisfaction in seeing the good in others, and in aiding their success.

Choice of the Partner. Sound thinking and reasoning are based on facts, rather than feelings and fancies. Much of what we call thinking and reasoning has little

connection with intelligence, but derives from impulse, feeling, or emotion. Thus conclusions are often void of real reasoning.

It is essential to understand the danger of emotional thinking, and to realize its dominating power. So long as one is under the influence of emotion, it is impossible for that person to think clearly, or to reason carefully.

It cannot be stressed too often or too strongly, that, ideally, we are total or integrated organisms, with all our parts evenly balanced. When one part of the personality, such as emotion, controls the whole being, then such a person is not poised, and suffers great loss. Often this lack of balance, or emotional control, is not noticed by the person concerned. Other people are blamed for interference, or for undue criticism.

If the person who is emotionally excited could refrain from making decisions while in that condition, or would be willing to follow the advice of a person whose judgment could be trusted, many wrong courses could be prevented. Intelligence and emotion must work together if people are to be successful and happy. Intelligence without emotion is dull, while emotion without intelligence is devastating, like a building on fire.

One characteristic of emotional thinking is, for instance, that a sense of happiness and contentment, may lead to the acceptance of principles or ideas without giving these matters any real thought. How often, on a casual acquaintance, a friendship may be formed, with no knowledge of the other's attitudes, abilities, or desires. The results are seen in broken homes and broken lives.

The Ideal Personality or Outlook. Our thoughts flow in definite channels or grooves. So long as life lasts, our thoughts are moving. It is as difficult to keep the mind blank for many minutes as it is to block a stream of water. Soon the current starts again.

The current of thought will depend on the channel in which it flows. How often one tries to change one's thoughts, but leaves them in the same channel. Changing the channel, that is, changing our outlook, from that which is negative and harmful to that which is positive and health promoting, is essential. Positive effort must be made to develop thoughts of confidence, faith, courage, hope, trust, purity, contentment, love, goodwill, tolerance, happiness, and co-operation, especially for matrimonial success. Such thoughts will promote goodwill, and are great stabilizing factors. It is impossible for the mind to entertain such thoughts, and at the same time be anxious, unsettled, hesitating, and worried.

Paul states in Philippians 4:8: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

It is possible to control one's mind so that the thoughts go naturally along our chosen channels. If the mind is untrained or neglected, then the thoughts may turn in to one's self, to morbid topics, as depression, resentment, doubt, etc. Such an attitude tends to settle and grow into a mountain so large that one cannot see one's blessings over it.

This is very well expressed by James Allen in his little book, *As a Man Thinketh*: "A man will find that as he alters his thoughts toward things and other people, things and other people will alter toward him. . . . Let a man radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life. Men do not attract that which they want, but that which they are. . . . A man can only rise, conquer and achieve by lifting up his thoughts."

A daily programme of cheerful, constructive thinking, directed by the Holy Spirit will give us strength, courage, and vitality. This is expressed in Proverbs 3:5-8: "Trust in the Lord with all thine heart: and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths. Be not wise in thine own eyes: fear the Lord and depart from evil. It shall be health to thy navel, and marrow to thy bones."

By forming channels for one's thoughts one is creating habits, and developing character. It is possible for one to change one's character at any age, if one has the desire to do so, and is willing to pay the price. Just how steadfast that character is, will be tested by the temptations and storms of life. As a storm will alter the current of water unless the banks are firm and high, so life's problems can alter one's attitude or character unless one is firmly held by "the everlasting arms."

If both parents contemplating marriage could have a stable Christian outlook, the marriage would be a real success.

The Value of Observation. Many young people tend to establish homes similar to their parents'. If they come from contented happy homes, that will be their goal. If they grew up in fear, anxiety, quarrelling, and turmoil, this spirit may remain, and dominate their home. It is stated that as the young people react to their parents so they will react to their life's partner. The pattern of life's reactions is set, and will tend to remain. This can be seen and heard by observation. Our eyes and ears were given to help us. They are of great value in helping us wisely to make life's decisions.

The Value of Advice. When people are going to consider a major event, the best possible advice is sought. People of experience or mature reasoning are approached for help. Such people can see us from an aspect unknown to ourselves, and often their opinion and advice are superior to our own. They are wise who take counsel of experienced people, so as to avoid the pitfalls and obstacles along life's path. It is very easy and natural for the youth, especially if under the influence of emotion, to decide for themselves and plan their own lives. They would free themselves from many blunders and save much opposition, if wise advice were followed.

Maintain Peace and Harmony. Kindness and sympathy should be freely expressed and shown. This is as necessary after marriage as before. By being over-engrossed in one's personal duties and pursuits, one is in danger of creating, in one's partner, feelings of loneliness and even rejection. It is essential to remember that happiness

comes from service for our partners—and others, and not from being ministered unto.

Though trials, problems, or discouragements arise, never should either husband or wife look back, and regret the step they took, or even think that the union was a mistake. The only time for such consideration is before, and not after, the union takes place. Each should encourage the other, see the good in the other, and be all the help it is possible to be.

The Spirit of Tolerance. We are told that the faults we see in others, are usually the weaknesses in ourselves. If we do not like what we observe in others, then let us be human, and take a careful look at ourselves. Because we fail in some respects, we tend to blame others and excuse ourselves.

Selfishness and immaturity hold the person captive. They are so strong, that the person has no desire to progress to maturity, nor to see things objectively. Thus these two factors are constant causes for blaming others, and for refusing to conform to the desires of others. In such cases, instead of marriage being a help, and leading to maturity, it will probably break down if the partner is not very tolerant, and willing to remain so.

Each partner of the marriage must recognize each other as individuals, with their differences and opinions. It is fatal to try to make the partner into an image. This causes unhappiness, tension, and hostility.

Nor should one partner be entirely dependent on the other. God united people to be helpers, to encourage and strengthen each other, not to pull down or destroy.

There will of necessity be adjustments, but these should be welcomed by both, as they tend to harmonize and strengthen the home. As the rights and individuality of each other are respected and provided for, the home is strengthened. Tolerance will cover many weaknesses, and will generate strength.

"However carefully and wisely marriage may have been entered into, few couples are completely united when the marriage ceremony is performed. The real union of the two in wedlock is the work of the after years.

"As life with its burden of perplexity and care meets the newly-wedded pair, the romance with which imagination so often invests marriage disappears. Husband and wife learn each other's character as it was impossible to learn it in their previous association. This is a most critical period in their experience. The happiness and usefulness of their whole future life depends upon their taking a right course now. Let all seek to discover the excellencies rather than the defects. Often it is our own attitude, the atmosphere that surrounds ourselves, which determines what will be revealed to us in another.

"The spirit that Christ manifests toward us is the spirit that husband and wife are to manifest toward each other."—*The Ministry of Healing*, pages 359-361.

Marital Relationships

By Arthur Huse, M.D., F.R.C.P., D.P.M.

MARITAL relationships must be happy and harmonious if both husband and wife are to feel secure and contribute of their best to the home. Every intense emotion seeks expression in action, and this expression causes relaxation, and a balance in nerve tone. Feelings long for some appropriate demonstration. If the feelings are such that they cannot or should not be expressed, then the feelings and thoughts had better be eliminated from the mind by sublimation; i.e., replaced by socially acceptable substitutes. This necessitates self-mastery.

When young people are about to be married, they anticipate supreme and prolonged joy in their future union, and in the continuous, satisfying friendship they have thus far only sampled.

This anticipated happiness, however, does not always fully materialize. Maybe some other person's life, praise, or charm may attract one of the partners to such an extent that a triangle is formed, and one's partner is compared with some other person. This introduces an unfortunate situation which should never occur. As has already been pointed out, if the married couple practise kindness, courtesy, and consideration for each other, all should continue well. Avoid small offences, rigorously avoid the merest suggestion or appearance of unfaithfulness, and be brave enough to forgive and forget.

It is recognized that sexual expression is not just meant for the perpetuation of the race; it is a most sacred relationship designed for the culmination of happy wedlock. In this, both husband and wife express their complete love and confidence in the other. When sexual adjustments are ideal, the marriage tends to be more stable.

The sexual instinct is a strong factor in most lives. This is a powerful force and its expression may be a complex problem. Sexual maladjustments or perversions between husband and wife may be severe drains and strains on the nervous stability. They may also be a cause for many functional complaints.

The wife is affected more often than the husband. She experiences much difficulty in adjusting herself to the physical aspects of her marriage. Often her difficulty dates from, and is caused by, some unfortunate experience or story or warning in earlier life. Possibly her mother, in her desire to protect and spare the daughter from social disgrace or indiscretion, warned the wife that all sexual expression is wrong, shameful, and wicked. The mother may have had tension in her own sex life, and may admit that her own marriage relationship has never been happy, nor the problems solved.

This can supply a very unfavourable background for any young woman. It could tend to turn her against any physical expression, and she may believe that marriage introduces a feeling of dread or apprehension. She may even become reluctant to think of getting married, or afraid of her husband's expressions of sex and love. She may thus ignorantly and unconsciously deny one of the cherished experiences of wedlock to herself and her husband.

Frequently this dread may produce pain in performance of the sex act, and is known as vaginismus. This is caused by a spasm or muscular contraction of the sex organs. It may also be the cause of frigidity, which is a condition showing lack of interest or sensation in sexual expression.

Adverse sexual symptoms may also result from grief, overwork, worry, anxiety, or strain. It is recognized that the sex instinct is not essential for the preservation of one's own life. Thus when the nervous strength is depleted, nature first tries to restore energy by transferring the energy from the sexual system to the general nervous system.

At times the dread and tie of pregnancy may be the cause of frigidity. Women know that complete sexual expression may result in conception. The wife may thus be not only frigid but even adverse to her husband's approaches. It is impossible before marriage to estimate or calculate the wife's sexual inclinations, nor whether those sexual emotions will be altered after marriage. There are two factors which influence these. One is her previous warnings against sex, for instance that sex is something low and unworthy. The other factor is the husband's care, love, attention, and consideration for his wife. When he gives to her the respect and attention that he should she will tend to respond appropriately.

The husband is also sometimes affected and may be incapable of performing the sex act. A sense of guilt may prevent ability to act. If a man once has such a disaster, he may brood over it, or blame himself, or develop an inferiority complex, and thus put himself in a worse position for a later endeavour. He may even convince himself that he lacks virility. As soon as he believes his sexual power is gone—gone it is. When the psychological barrier can be broken down, potency returns.

When either the husband or wife has a very strong attachment to their parents, or to some other obligation, the sexual expression may be either weak or resented, due to a dividing of interests. If whole-hearted affection is denied, both will be deprived of complete sexual satisfaction. Only when a normal healthy bond between husband and wife is formed and maintained can happy relations exist.

Sexual power may not greatly diminish in middle age. Those who expect it



Studio Lisa

"The man, at the head of the house, can mar the pleasure of the household, but he cannot make it. That must rest with the woman, and it is her greatest privilege."



Studio Lisa
Oliver Goldsmith claimed that he chose his wife as she did her wedding dress, for qualities that would wear well.

to go, encourage it to do so. Avoidance of all excesses and a sound mental attitude help toward maintaining potency.

Throughout married life it is essential to remember those caresses and tender words meant only for one's lover. The kind attentions that were so eagerly given before marriage, should be maintained. Do not let the cares of business or the home crowd out the fact that your lover needs you and your affections.

The attitude of mind is of vital importance. Only those who regard their attitude to their Creator and the obligation of Christian fellowship will develop mutual regard. Only then will they prefer the comfort and happiness of their partner above their own.

LOVE'S TEN COMMANDMENTS

1. Bring to the altar of marriage a healthy body.
2. Treat your partner as an equal to be counselled with, and work together in solving mutual problems.
3. Show appreciation.
4. Happy love relations are similar to business bargains, as both parties should gain by them.
5. Preserve self-respect.
6. Do not upset the self-esteem of your partner.
7. Do not have or expect a rigid routine. Surprises can bring much happiness.
8. Have confidence in sex relations. "Perfect love casteth out fear."
9. Control your sex life. Do not be a slave.
10. Respect love for its worth. It can be one of the biggest factors in your happiness and success.





Studio Lisa
Home health is, to a large extent, in the hands of the housewife, who is responsible for selecting and preparing the family's food.

Healthy Fare

By Mrs. T. J. Bradley

OVEN TEMPERATURES

Setting Gas Oven	Deg Fahr.	Heat	Gas Oven Setting	Deg Fahr.	Heat
	212	Boiling Temp.	4	360	Moderate
$\frac{1}{4}$	240	Very Slow	5	375	
$\frac{1}{2}$	260		6	400	Moderately Hot
1	290	Slow	7	425	
2	325		8	450	Hot
3	335	Very Moderate	9	470	Very Hot

WHOLEMEAL SCONES

Ingredients.—2 cupfuls of wholemeal flour (s.r.), 2 tablespoonfuls raw sugar or honey, 1 teaspoonful margarine, good half cupful chopped dates or sultanas, milk and water to mix.

Method.—Rub margarine into the flour. Add sugar and salt, dried fruit, and lastly the milk and water. Press out lightly. Cut into shapes and bake for about twenty minutes in hot oven.

COFFEE ROLLS

Ingredients.—3 breakfastcupfuls self-raising flour, 1 breakfastcupful milk, 1 egg, $\frac{1}{4}$ lb. margarine, 1 tablespoonful raw sugar, $\frac{1}{4}$ teaspoonful salt.

Method.—Sift flour and salt. Beat margarine and sugar to cream. Add the egg beaten in the milk. Mix all together with a knife, making a dough of the same consistency as the scones. Cut into oblong shapes, put on a hot floured oven shelf and bake in a quick oven.

WHEATMEAL BREAD

Method.—To set the sponge, put in a basin three cupfuls of wholemeal flour and three cupfuls of white flour. Add one dessertspoonful of salt. Mix with three cupfuls of lukewarm water in which a small knob of compressed yeast and one dessertspoonful of sugar have been dissolved. Mix well, and sprinkle with plenty of meal. Leave in a warm

place for one hour (in the winter it may be longer) to rise. Then knead well with sufficient wholemeal flour to make a firm dough. Shape into loaves. Knead well. Put in greased tins. Leave till well risen and bake one hour and a quarter in medium oven. (All wheatmeal flour may be used.)

CORNMEAL BREAD

Ingredients.— $1\frac{1}{2}$ cupfuls cornmeal, 1 pint hot milk, 3 eggs, salt.

Method.—Sprinkle the cornmeal into the hot milk and cook for a moment until partly thick. Remove from the gas and stir in the yolks of the eggs. Then fold in the well-beaten whites. Turn into a greased baking dish, and bake in medium oven for approximately thirty minutes.

WHEATMEAL GEMS

Ingredients.—2 cupfuls milk, 2 eggs, 2 small cupfuls of wheatmeal, 1 small cupful of flour, little salt.

Method.—Mix milk, salt, and well beaten yolks of eggs. Stir in gradually the flour and wheatmeal which has been sifted twice. Beat until light, and fold in gently the stiffly beaten whites. Bake in hot gem irons for twenty minutes.

SWEET SCONES

Ingredients.—2 breakfastcupfuls wholemeal flour (self-raising), 3 oz. margarine, $\frac{1}{2}$ cupful melted honey, $\frac{1}{2}$ lb. seedless raisins, 1 cupful milk or water.

Method.—Rub fat into flour. Add honey, milk, and raisins. Knead well. Press out with the hand. Cut into small shapes. Bake in a fairly quick oven for about fifteen to twenty minutes.

WHOLEMEAL CHRISTMAS CAKE

Ingredients.— $\frac{3}{4}$ lb. butter, 6 oz. raw sugar, 4 eggs, $\frac{1}{2}$ lb. wholemeal flour, 1 tablespoonful honey, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. currants, 4 oz. raisins, little lemon peel, 4 oz. chopped almonds, 1 teaspoonful mixed spice.

Method.—Warm butter and beat to a cream. Add the raw sugar and beat thoroughly once more. Add eggs separately, beating each one thoroughly. Then add milk. Mix the other ingredients in a basin. Then stir into the eggs and butter. Line a tin with buttered paper. Pour in the mixture. Bake in a moderate oven for two hours. Test with a fine steel knitting-needle to make sure it is cooked through. Leave in the tin till wanted.

WHOLEMEAL CAKE

Ingredients.—1 cupful wholemeal flour, 3 oz. butter, 2 tablespoonfuls honey, 2 eggs, 2 oz. each of chopped raisins, dates, and sultanas, little grated orange peel.

Method.—Beat honey to a cream with the butter. Add two eggs well beaten and then stir in gradually the flour and dried fruit. Add the orange rind. If necessary, milk may be added when mixing. Bake in a greased tin or pile on a greased tray and cook as rock cakes.



Studio Lisa

The Christmas cake will taste better, and be better, if made with wholegrain flour.

BISCUITS

COCO-NUT BALLS

Ingredients.— $\frac{1}{2}$ lb. self-raising flour, 3 oz. butter or margarine, $\frac{1}{2}$ lb. castor sugar, 1 large egg, $\frac{1}{2}$ cupful desiccated coco-nut.

Method.—Beat butter and sugar to cream, add the eggs, and beat well. Then add flour and coco-nut and mix well. Roll to the size of large marbles, dip in sugar, bake in a quick oven and leave on the oven slide till cold.

ANZAC BISCUITS

Ingredients.—1 heaped cupful flour, 1 heaped cupful coco-nut, 1 heaped cupful rolled oats, 2 level teaspoonfuls baking powder, 1 small cupful sugar, 4 oz. margarine, 1 tablespoonful golden syrup, 2 tablespoonfuls boiling water.

Method.—Mix all dry ingredients together. Put margarine, syrup, and water into a saucepan to melt. Then add to the mixture. Place on cold greased oven shelf in shapes about the size of a walnut. Press out with a fork. Bake in moderate oven for about ten minutes.

WHEATMEAL AND OLIVE OIL ROLLS

Ingredients.— $1\frac{1}{2}$ cupfuls wheatmeal, $\frac{1}{2}$ cupful olive oil (or margarine), $\frac{1}{2}$ cupful cold water, $\frac{1}{2}$ cupful flour, salt.

Method.—Put olive oil in basin, and pour the water on a few drops at a time, beating all the time with a fork, till it becomes white and creamy. Mix the wheatmeal, flour, and salt together. Pour in the oil emulsion and mix well, kneading it until smooth. Break off and roll into two-inch lengths and bake in a moderate oven about half to three-quarters of an hour. The rolls should be dry and crisp throughout.

SOUPS

CREAM OF CELERY SOUP

Method.—One stick of celery chopped finely with some of the young leaves. Boil in milk till cooked, add good sized knob of margarine or butter, salt, and little thickening.

BUTTER BEAN AND SWEET CORN

Ingredients.—2 cupfuls butter beans, $\frac{1}{2}$ tin sweet corn, 1 onion, salt, knob of margarine.

Method.—Soak beans overnight. Boil five minutes and pour off water. Add fresh water and onion and boil till very tender, then mash and add sweet corn and margarine.

SPLIT PEA AND VEGETABLE SOUP

Ingredients.—1 lb. split peas, 2 quarts water, mint, salt, vegetables.

Method.—Soak peas overnight, pour off water, and cook till tender in two quarts of water. Mash and add chopped celery, carrots, parsnip, onion, and simmer till tender. Add margarine and mint.

VEGETABLE SOUP

Ingredients.—2 medium-sized potatoes, 1 large carrot, 1 small parsnip, 1 onion, 1 white turnip, celery, Granose nut butter.

Method.—Cut all vegetables up small and cook in about two quarts of water. When cooked add one teaspoonful nut butter and salt. Serve with chopped parsley.

BROWN LENTIL AND MEATLESS STEAK SOUP

Ingredients.—2 cupfuls brown lentils, $\frac{1}{2}$ tin Meatless Steaks, $\frac{1}{2}$ cupful cooked rice, 1 medium-sized carrot, 1 stalk celery, 1 onion, salt and seasoning, vegetable stock, 1 teaspoonful olive oil.

Method.—Soak lentils overnight in cold water; boil five minutes, then strain. Add one pint of water and simmer till almost cooked. Braise minced Meatless Steaks, onion and rice, chop celery very fine and grate, add salt and little seasoning. Put all ingredients into lentils and with another pint of vegetable stock and simmer till cooked.

BROWN LENTIL AND VEGETABLE SOUP

Ingredients.—1 cupful brown lentils, 1 tablespoonful barley, 2 stalks celery, 2 medium-sized carrots, 1 small parsnip, 1 onion or leek, 1 small swede, salt, parsley, knob margarine.

Method.—Soak lentils overnight in cold water; boil five minutes, then strain. Add one pint of water or vegetable stock and barley and simmer till almost cooked. All grated vegetables to be added and simmer till vegetables are soft. Serve with chopped parsley.

SALADS

JELLIED CARROT SALAD

Ingredients.—1 small cupful of grated raw carrot, 1 packet lemon fruit jelly, $\frac{3}{4}$ pint of boiling water.

Method.—Make a jelly by putting one packet of jelly to three-quarters of a pint of boiling water. When cool add the grated carrot. Place in small wetted jelly-mould and let stand till set. Serve on bed of young lettuce leaves. Garnish with few rings of cucumber and curled celery.

JELLIED BEETROOT SALAD

Ingredients.—1 cupful diced cooked beetroot, juice of two medium-sized lemons, 1 tablespoonful finely chopped mint, 1 dessertspoonful sugar, 1 dessertspoonful gelatine, $\frac{3}{4}$ pint of water or beetroot-water.

Method.—Mix the lemon juice and water together. Bring to the boil and add gelatine. When this is dissolved, remove from the gas and add the diced beetroot and mint. Place in a dish about one and half inches deep. When set, cut into squares and



Fresh salads are rich in basic nutrients.

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serve on a bed of chopped lettuce surrounded with rings of tomato and cucumber alternately. Place a large teaspoonful of mayonnaise on top of beetroot.

CHEERY AND APPLE SALAD

Ingredients.—2 cupfuls celery, cut in very small pieces, 2 cupfuls sweet apples, grated, 1 white onion, finely chopped, 3 tablespoonfuls mayonnaise made with lemon juice.

Method.—Mix all together. Serve on bed of young lettuce leaves.

CHEESE SALAD

Ingredients.—Cheese, tomato, grated carrot, cucumber, lettuce, watercress, mayonnaise.

Method.—Put finely chopped lettuce on centre of plate. Place slices of tomato and cucumber round alternately. Mix grated carrot and finely grated cheese together. Make a well in centre of lettuce and fill with mixture of carrot and cheese. Decorate with a little watercress and mayonnaise.

BUTTERFLY SALAD

Ingredients.—Cut 3 bananas lengthways, cut in halves 3 slices of pineapple, cut young celery into 3 inch lengths and $\frac{1}{4}$ inch wide splitting one end $\frac{1}{2}$ inch. Place in water to curl, 6 very small green peas, lettuce leaves, mayonnaise.

Method.—On two fairly large lettuce leaves place half the banana. On each side of the centre of the banana lay half a slice of pineapple or tomato. At the top of the banana fix two green peas or two small pieces of green olive above the two curled pieces of celery. On each piece of pineapple put a spot of mayonnaise. Sprinkle grated nuts on the edges of the lettuce leaves. This is sufficient for three people.

TOMATO SALAD

Ingredients.—4 medium-sized tomatoes, 2 hard-boiled eggs, 2 dessertspoonfuls mayonnaise, lettuce leaves, cucumber, celery.

Method.—Cut tomatoes into six petals. Turn each petal back a little and remove small portion of centre. Fill the cavity with mayonnaise and yolk of eggs beaten together. Also fill white of eggs with same mixture. Arrange tomato, cucumber, celery, and white of egg on lettuce leaf. A little grated cheese can be added as a topping.

CABBAGE AND TOMATO SALAD

Ingredients.—1 cupful shredded young cabbage, 2 cupfuls finely chopped lettuce, 3 large tomatoes, 2 tablespoonfuls lemon juice, 1 tablespoonful olive or peanut oil, chopped chives.

Method.—Mix cabbage and lettuce together, and place on lettuce leaves which have been dipped in lemon juice and oil mixed with salt. Slice tomatoes and dip in the mixture and place on the top of the salad. Garnish with finely chopped chives, grated nuts, or cheese.

ENTREES

STUFFED VEGETABLE MARROW

Ingredients.—1 small marrow, $\frac{1}{2}$ cupful bread-crumbs, 1 teaspoonful margarine or butter, 1 egg, herbs, salt, 1 small onion.

Method.—Peel marrow and cut off the end. Scoop out all the seeds. Fill with the seasoning made with bread-crumbs, butter, grated onion, egg, and salt. Put in a baking dish with some cooking fat. Sprinkle with flour and salt. Add a little water. Bake till a nice rich brown, basting often. Serve with brown gravy.

SCALLOPED MARROW, POTATOES, OR PARSNIPS

Method.—Thinly slice two large onions. Place in a pan with a little water and bring to boil. Then drain. Put a layer of the onion in a baking dish, then a layer of small



Granose NUTMEAT

Gluten Nutmeat is a nutritious preparation derived from cereals and nuts. Low in starch content. Nutmeat is ready to use and can be grilled as fillets or used in soups, stews, or savoury fillings for pies.

RECIPES—Shepherd's Pie. Mash 10 oz. tin of Nutmeat. Chop and fry one onion. Grate one large carrot. Mix well with rich gravy and put mixture into dish, cover with mashed potato and bake.

Braised Nutmeat. Cut Nutmeat into thick slices. Place in layers in baking dish alternately with slices of tomato and onion—cover with rich gravy and bake.

Granose NUTBRAWN

is a savoury vegetarian brawn made from peanuts, salt, tomato purée, yeast extract, agar-agar, onion powder, and cashew nuts. This tasty brawn is delicious cold with salads, and also makes a nourishing sandwich spread.



RECIPES—Nutbrawn and Potato Salad. Dice cooked potatoes, carrots, beetroot, and add cooked peas. Mix with salad cream and place in centre of dish surrounded by slices of nutbrawn, sliced tomatoes, and lettuce.

Nutbrawn Sandwiches. Mix mashed brawn with finely chopped tomato and lettuce until easy to spread on bread and butter. Ideal for picnics.

N.B.—Granose nut and cereal products are made by: Granose Foods Ltd., Watford, Herts.

chunks of vegetable marrow (or potatoes or parsnips) about half an inch thick, then a good sprinkling of seasoned bread-crumbs. Repeat layers until the dish is full. Make sauce with milk and parsley, thickened with a little wholemeal flour and pour over the top. Put knobs of margarine on top. Bake till golden brown. (Approximately thirty to forty minutes.)

STUFFED BAKED POTATOES

Method.—Bake large potatoes in their jackets. When baked through, cut off the top, or cut in halves; scoop out the centre and mash well with a little milk, butter, and salt. Beat very lightly, almost to a cream. (Parsley or grated cheese can be added.) Fill the skins again and return to the oven until a golden brown.

STUFFED NUTMEAT

Ingredients.—1 tin Granose nutmeat, brown bread-crumbs, herbs, salt, butter or margarine, chopped parsley, grated onion.

Method.—Make the seasoning with bread-crumbs, onion, herbs, salt, and margarine. Line the pie-dish with part of this mixture. Cut the centre of the nutmeat out and stuff with remainder of seasoning. Make a gravy with Granose Yex, or Marmite, and pour over. Bake for sixty minutes in covered pie-dish. Remove cover a few minutes before serving, in order to brown well.

MEATLESS STEAKS AND TOMATO PIE

Ingredients.— $\frac{3}{4}$ tin Granose Meatless Steaks minced, 2 cupfuls peeled tomatoes, 1 large potato, 1 medium-sized carrot, 1 onion, salt, parsley, 2 cupfuls bean pulp.

Method.—Cook beans soft enough to pulp. Peel and dice potato, carrot, and onion. Put all into saucepan and lightly brown. Add gravy from steaks, and pour into a pie-dish with steaks and tomato. Roll the bean pulp and lay on top. Bake till brown.

CREAMED CELERY AND CHEESE

Ingredients.—1 small stick of celery, 1 small cupful grated cheese, 2 cupfuls milk, salt to taste, flour.

Method.—Chop and boil celery in as little water as possible. When cooked add milk, cheese, and salt, thicken with a little flour and serve on toast.

TOMATO CHEESE

Ingredients.— $\frac{1}{2}$ lb. tomatoes, $\frac{1}{2}$ cupful grated cheese, brown wholemeal flour, salt, parsley.

Method.—Peel and chop tomatoes. Place in a saucepan and cover with water or vegetable stock. Add margarine and boil for ten minutes. Add cheese, and thicken with brown wholemeal flour. Flavour with salt and chopped parsley. Serve on toast.

SHEPHERD'S PIE

Method.—Nearly fill a pie-dish with nicely seasoned nut mince. Cover with mashed potatoes, smooth the top with a knife dipped in melted margarine, and bake till nicely brown.

SPAGHETTI CUTLETS

Method.—Make a white sauce with milk, margarine, wholemeal flour and let stand overnight. In the morning, boil half cupful broken spaghetti and add to the sauce with one cupful of chunked nutmeat, one small grated onion, parsley, and salt. Mix all together and fry or bake.

VEGETARIAN CHICKEN CROQUETTES

Ingredients.— $\frac{1}{2}$ cupful rice, 1 onion, 1 or 2 eggs, little zwieback crumbs, parsley and salt to taste.

Method.—Boil rice. Chop and braise the onion. Boil the eggs hard and mash. Mix all ingredients. Mould into shapes. Fry and bake.

MACARONI FISH

Ingredients.—1 cupful macaroni, 1 onion, 1 egg, 1 cupful browned bread-crumbs.

Method.—Soak macaroni in hot salted water for half an hour. Then strain and cook till very soft. Add grated onion. When cooked turn out on a floured board or flat dish. Pat out with the hand, till three-quarters of an inch thick. Allow to stand overnight, or at least from four to five hours. Cut into fish shapes, dip in beaten egg and browned bread-crumbs and fry in deep fat or oil.

BROWNEED LENTIL AND WALNUT ROAST

Ingredients.—2 cupfuls lentil pulp, 1 cupful minced Meatless Steaks (Granose), $\frac{1}{2}$ small cupful ground walnuts, 1 medium-sized onion grated or fried, few bread-crumbs to mix, salt, herbs.

Method.—Mix all well together and bake in a greased dish covered with greased paper. Bake forty-five to sixty minutes.

STUFFED BUTTER BEAN ROAST

Ingredients.—4 cupfuls butter bean pulp, 1 tin Granose Meatless Steaks, 1 onion, $\frac{1}{2}$ cupful bread-crumbs, salt, herbs, small piece of margarine.

Method.—Roll butter bean pulp on a well floured board until about half inch thick. Make a stuffing of the other ingredients, and lay on the bean pulp. Then roll it up, and place in a well greased baking dish. Rub over with a little fat and bake thirty to forty minutes.

ALMOND AND CARROT ROAST

Ingredients.—2 cupfuls grated carrots, $\frac{1}{2}$ cupful ground almonds, 1 small onion, grated, or some finely chopped chives, $\frac{1}{2}$ cupful finely chopped celery, 1 egg, $\frac{1}{2}$ pint milk, little chopped parsley, salt.

Granose SAVIAND

Saviand is a vegetarian protein food, perfectly cooked and ready to serve. A wholesome, nutritive cereal and nut delicacy for use in making savoury rolls, pies, stews, and entrées. Can be used in the same way as flesh meat



RECIPES—Saviand Sandwiches. Mince 4 oz. Saviand Finely chop tomatoes and lettuce Thoroughly mix ingredients with a little salad cream until easy to spread.

Saviand Pie. Cut contents of 10 oz. tin into cubes. Fry a sliced onion Cook one cupful of macaroni and add one diced carrot and potato. Make a thick rich gravy and put all into pie-dish Cover with short pastry and bake



Granose RISSOL-NUT

Rissol-nut is a richly flavoured vegetarian mixture which is very easily and quickly prepared into tasty vegetarian pasties, rissoles, cutlets, fritters, roasts, or savoury rolls.

RECIPES—Rissoles. Take two tablespoonfuls of Rissol-nut and mix with one tablespoonful mashed potato, moisten with hot milk or water, mould into rissoles or cutlets—roll in baked bread-crumbs and fry until golden brown.

Fritters. Make batter of one egg, $\frac{1}{2}$ pint of milk, and 4 tablespoonfuls wholemeal flour. Add two tablespoonfuls Rissol-nut Fry portions both sides and serve with vegetables.

Granose Health Food Products are obtainable at Health Food Stores and high class grocers.

Method.—Beat egg well, and add all other ingredients. Mix well together and bake for thirty minutes.

RICE AND CHEESE SAVOURY

Ingredients.—1 cupful rice cooked, $\frac{3}{4}$ cupful grated cheese, 1 small grated onion, little herbs, salt, 1 or 2 eggs, fat.

Method.—Mix all ingredients together. Place in well-greased pie-dish, and bake thirty to forty minutes.

VEGETARIAN PASTIES

Ingredients.—1 cupful cooked lentils, beans, or peas, 1 cupful cooked, mashed vegetables, $\frac{1}{4}$ lb. nutmeat mashed, 1 small onion, either grated or fried, salt, herbs.

Method.—Make a pastry with vegetarian fat or margarine, roll out, cut into squares, fill with the mixture, and bake.

TOMATO FONDU

Ingredients.—2 cupfuls bread-crumbs, $\frac{1}{2}$ lb. peeled tomatoes, 1 small grated onion, chopped parsley, $\frac{1}{2}$ pint milk, 1 or 2 eggs, salt.

Method.—Mix all together and bake about half an hour till set.

NUTMEAT CUTLETS

Ingredients.— $\frac{1}{2}$ lb. Granose nutmeat, $\frac{1}{2}$ cupful stock, 1 teaspoonful margarine, 1 dessertspoonful flour, yolks of 2 eggs, little chopped or grated onion, salt, bread-crumbs, egg.

Method.—Mash nutmeat, fry onions and flour in margarine, add stock, and cook well. Put in nutmeat and when hot add yolks of two eggs well beaten and cook another two or three minutes. When cold, shape into cutlets, dip in egg and bread-crumbs, and fry in deep fat or oil.

RISSOLES

Ingredients.—1 cupful pulped split peas or haricot beans, 1 small grated onion, $\frac{1}{2}$ cupful mashed nutmeat, salt.

Method.—Mix well. Mould into rissoles. Roll in Sunnyside crumbs or bread-crumbs, and bake.

SAVOURY TARTS

Filling.—1 well beaten egg, a little grated onion, a little finely chopped parsley, salt, cupful of milk.

Method.—Make a pastry using vegetarian margarine or Nutter. Fill tarts and bake.

MEATLESS STEAK FRITTERS

Ingredients.— $\frac{1}{2}$ tin Meatless Steaks, 1 egg, $2\frac{1}{2}$ tablespoonfuls flour, $\frac{1}{2}$ pint milk, little grated onion, salt to taste, herbs, 1 teaspoonful margarine.

Method.—Make a batter of flour, egg, margarine, and milk. Chop up steaks and grate the onion. Add salt and herbs, and drop by spoonfuls into boiling fat or oil, and fry.

NUTTOLINE FRITTERS

Method.—The same as Meatless Steaks only using Nuttolene in place of steaks.

SALMON FRITTERS

Ingredients.— $\frac{1}{2}$ tin nutmeat, 1 teaspoonful lemon juice, 2 stalks of chopped celery, $\frac{1}{2}$ teaspoonful olive oil, 3 medium-sized tomatoes or 1 cupful tomato purée, salt to taste.

Method.—Cook celery till tender. Mix all ingredients. Thicken with a little brown wholemeal flour. Drop by spoonfuls into hot fat and fry, or put into greased baking dish and bake in oven.

RICE AND TOMATO BALLS

Ingredients.— $\frac{1}{2}$ lb. tomatoes, 1 cupful boiled rice, 1 onion, salt, seasoning, fresh bread-crumbs.

Method.—Peel and braise tomatoes and onion, add bread-crumbs and brown all together for five minutes. Put all into the rice, roll into balls, and either fry or bake.

STUFFED TOMATOES

Ingredients.—4 large tomatoes, 1 small onion, bread-crumbs.

Method.—Slice off base of tomatoes and scoop out centre. Grate the onion and mix all ingredients together with part of the tomato centre. Fill each tomato, and place in a baking dish with a little oil or fat, also the remainder of the tomato centre and a little gravy off the Meatless Steaks. Bake till tomatoes begin to burst. Serve with the gravy in which they have been baked.

GRILLED NUTMEAT

Ingredients.— $\frac{1}{2}$ lb. Granose nutmeat, 2 well beaten eggs, 1 small onion grated or little chopped mint, salt, $\frac{1}{2}$ cupful zwieback crumbs.

Method.—Mix all well together, roll out thin, cut into shapes and grill. Serve with vegetables or in sandwiches.

MEATLESS STEAK AND ONION ROAST

Ingredients.— $\frac{1}{2}$ tin Granose Meatless Steaks, 1 large onion, 1 cupful zwieback crumbs, 1 egg, celery, salt.

Method.—Mince Meatless Steaks, chop and braise onion, and make into gravy. Mix all ingredients together, and bake for about thirty minutes.

BROWN LENTIL AND RICE ROAST

Ingredients.—3 cupfuls brown lentil pulp, 1 cupful cooked rice, 1 onion grated, $\frac{1}{2}$ cupful bread-crumbs, little margarine, 1 egg, 1 pint milk, salt, herbs.

Method.—Mix all together, add egg well beaten, and bake

RED LENTIL ROAST

Ingredients.—4 cupfuls red lentil pulp, 1 egg, parsley and chopped mint, $\frac{1}{2}$ pint milk, or tomato and Yex gravy.

Method.—Mix all ingredients together and bake.

MEATLESS STEAKS AND LAYER PIE

Ingredients.—2 cupfuls cooked beans (any kind), 1 tin whole tomatoes, $\frac{1}{2}$ tin minced steaks, 1 large onion, $\frac{1}{2}$ cupful browned bread-crumbs, salt, herbs, fat.

Method.—Grease baking dish and put layer of whole beans, layer of tomatoes, layer of Meatless Steaks, bread-crumbs and onion and herbs mixed. Then another layer of each till dish is full. Mash remainder of beans and spread on top. Rub over with fat and sprinkle with browned crumbs. Bake thirty to forty-five minutes. Serve with gravy made from Meatless Steaks.

STEAMED NUTMEAT

Ingredients.—2 cupfuls tomato purée, 1 cupful zwieback crumbs, 1 level tablespoonful peanut butter, 2 level tablespoonfuls ground rice, 1 level tablespoonful wholemeal flour, 1 small grated onion, 1 cupful boiling water, salt, seasoning.

Method.—Melt peanut butter in little boiling water and mix all dry ingredients together, pour over the tomatoe purée, boiling water, and add onion and seasoning. Mix well, then pour into a greased basin leaving a space of at least two inches. Place a lid or plate on top, put into a saucepan of water with a tight lid and steam one and half to two hours. Serve cold with salad.

BRAWN

Ingredients.—2 $\frac{1}{2}$ dessertspoonfuls gelatine, $\frac{1}{2}$ cupful tomato purée, chopped parsley, $\frac{1}{2}$ teaspoonful Marmite or Yex, $\frac{1}{2}$ lb. Nuttolene cut into cubes, 1 hard-boiled egg (sliced), $\frac{1}{2}$ cupful green peas, $\frac{1}{4}$ cupful cooked, diced carrots, 1 finely chopped onion, a little grated celery (optional), 5 olives (optional), salt, 1 pint water.

Method.—Boil gelatine in water, add other ingredients. Stir occasionally while cooking. Pour into wetted mould.

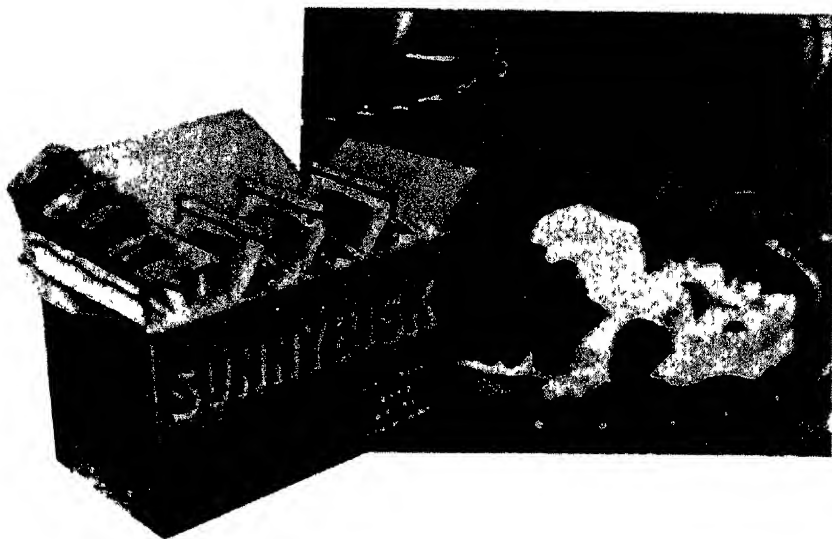
CREAMED NUTTOLENE AND LEEK

Ingredients.— $\frac{1}{2}$ lb. Nuttolene, 3 small leeks, $\frac{1}{2}$ pint milk, salt, flour, parsley.

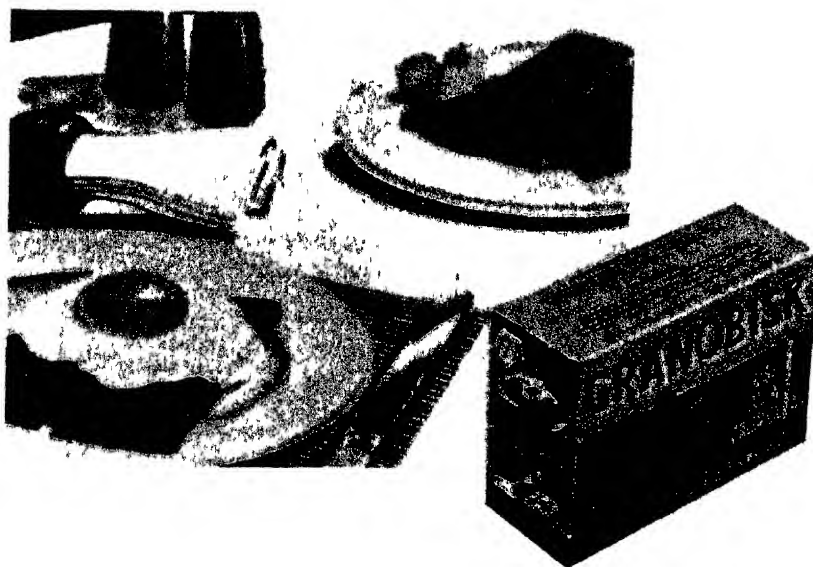
Method.—Cook leeks, dice Nuttolene, add salt, mix together in milk, thicken with flour, add chopped parsley. Serve on toast or with vegetables.

Granose SUNNYBISK

A "simply delightful" yet "delightfully simple" breakfast that will sustain you right through the morning. Made from sun-ripened wheat, sweetened with sugar, flavoured with molasses and malt, and toasted to a golden brown.



RECIPE—Serve Sunnybisk for breakfast with milk—hot or cold—or with stewed or canned fruit. A quick and easy dish. No cooking. No waste and saves time. Spread Sunnybisk with butter, jam, jelly, or honey, or with any other sweet or savoury sandwich spread. There are few cereals which are quite so nourishing and sustaining. A ready-to-eat treat.



Granose GRANOBISK

Granobisk is made from whole wheat which has been machine cleaned, steam cooked, appetising flavoured with malt extract and salt, rolled into flakes, moulded into convenient shape, and baked in an oven.

RECIPE—Use Granobisk in place of bread. Try it with butter and honey, marmalade, jam, jelly, raisins, dates, vegetable extract or other sweet or savoury spreads. Use it instead of toast as a base for poached eggs and other savouries. Every flake is a grain of wholesome wheat.

N.B.—Granose Products are made by: Granose Foods Ltd., Watford, Herts.

ALMOND ROAST

Ingredients.— $\frac{1}{2}$ lb. ground almonds, 1 cupful browned bread-crumbs, 2 eggs, seasoning, salt, 1 small onion or few chives.

Method.—Beat the eggs into the milk, and thoroughly mix in all other ingredients. Set in a pan of water in the oven, and bake till nicely brown. One cup of Meatless Steaks (minced) can be added.

SANITARIUM ROAST

Ingredients.—1 cupful brown lentils, 2 large onions, 2 cupfuls bread-crumbs, knob of margarine, little seasoning, salt.

Method.—Soak lentils overnight. Boil for five minutes and drain. Cover with water and cook until tender. Mash through colander. Cut onions in rings and allow to boil five minutes. Drain. Braise lightly. Season the bread-crumbs. Grease pie-dish. Put layer of lentils, layer of onions, layer of bread-crumbs, until dish is full. Put a little margarine on top and bake until set and brown. Serve with brown gravy.

STEAK AND ONIONS IN BATTER

Ingredients.— $\frac{1}{2}$ tin Granose Meatless Steaks, 2 onions, seasoning, salt.

Method.—Mince steaks. Cut and fry the onions. Mix all together. Put into batter and drop spoonfuls into boiling fat, or oil.

MEATLESS SAUSAGES

Ingredients.— $\frac{1}{2}$ tin Granose Meatless Steaks, $\frac{1}{4}$ tin Granose Nutmeat, 2 cupfuls of either brown lentils or butter bean pulp, browned bread-crumbs.

Method.—Mince Meatless Steaks. Brown onion in a little fat and mix all ingredients together. Roll into sausages, dip in bread-crumbs, and either fry or bake. Serve with onion gravy.

RICE AND MEATLESS STEAKS SAUSAGES (No. 2)

Ingredients.—1 cupful cooked rice, 1 cupful minced steaks (Granose), 1 grated onion, herbs, salt.

Method.—Mix all together, roll into sausages, and fry or bake. Serve with brown gravy.

MEATLESS MINCE

Method.—Fry three large onions and add one tin of minced Meatless Steaks, herbs, and salt. Cook and mash one pound of potatoes, put in little mounds on a baking dish. Make a well in the centre, and fill with seasoned mince and onions.

NUTMEAT STEAKS AND ONIONS

Ingredients.—1 tin Nutmeat (Granose), 3 large onions, and vegetable stock.

Method.—Cut nutmeat into thin slices, lay half of the slices in a pie-dish and cover with half of the fried onions. Put another layer of nutmeat. Make a gravy with

remainder of onions and the vegetable stock, and pour over the nutmeat and bake till rich brown.

MOCK SALMON RISsoles

Ingredients.—2 large potatoes, $\frac{1}{2}$ lb. tomatoes, 1 onion, 1 egg, 1 cupful bread-crumbs, salt, parsley.

Method.—Boil and mash potatoes. Mash tomatoes. Grate onion. Add a little of the bread-crumbs. Mix all together. Roll in egg and remainder of bread-crumbs, and fry or bake.

LIMA OR BUTTER BEAN RISsoles

Ingredients.—2 cupfuls pulped beans, 1 small grated onion, 1 egg, browned bread-crumbs or crushed Sunnybisk flakes, salt, seasoning.

Method.—Mix pulped beans, grated onion, salt, and seasoning to a cream, stir in the egg, roll into balls, dip in crumbs or flakes, and fry in fat or oil till golden brown. Serve with onion or brown gravy.

SPLIT PEA RISsoles

Method.—Make the same as for bean, but adding one tablespoonful Granose Rissol-nut.

ALMOND CUTLETS

Method.—Take one pint cooked split peas, half cupful ground almonds, a little minced onion, salt to taste, and zwieback crumbs to make firm enough to form into patties. Bake or fry.

CHEESE AND TOMATO FONDU

Ingredients.—1 cupful grated cheese, 2 cupfuls tomato pulp, celery, small grated onion, chopped parsley, 2 eggs, salt.

Method.—Beat all together and bake or steam till set.

VEGETARIAN HAMBURGER

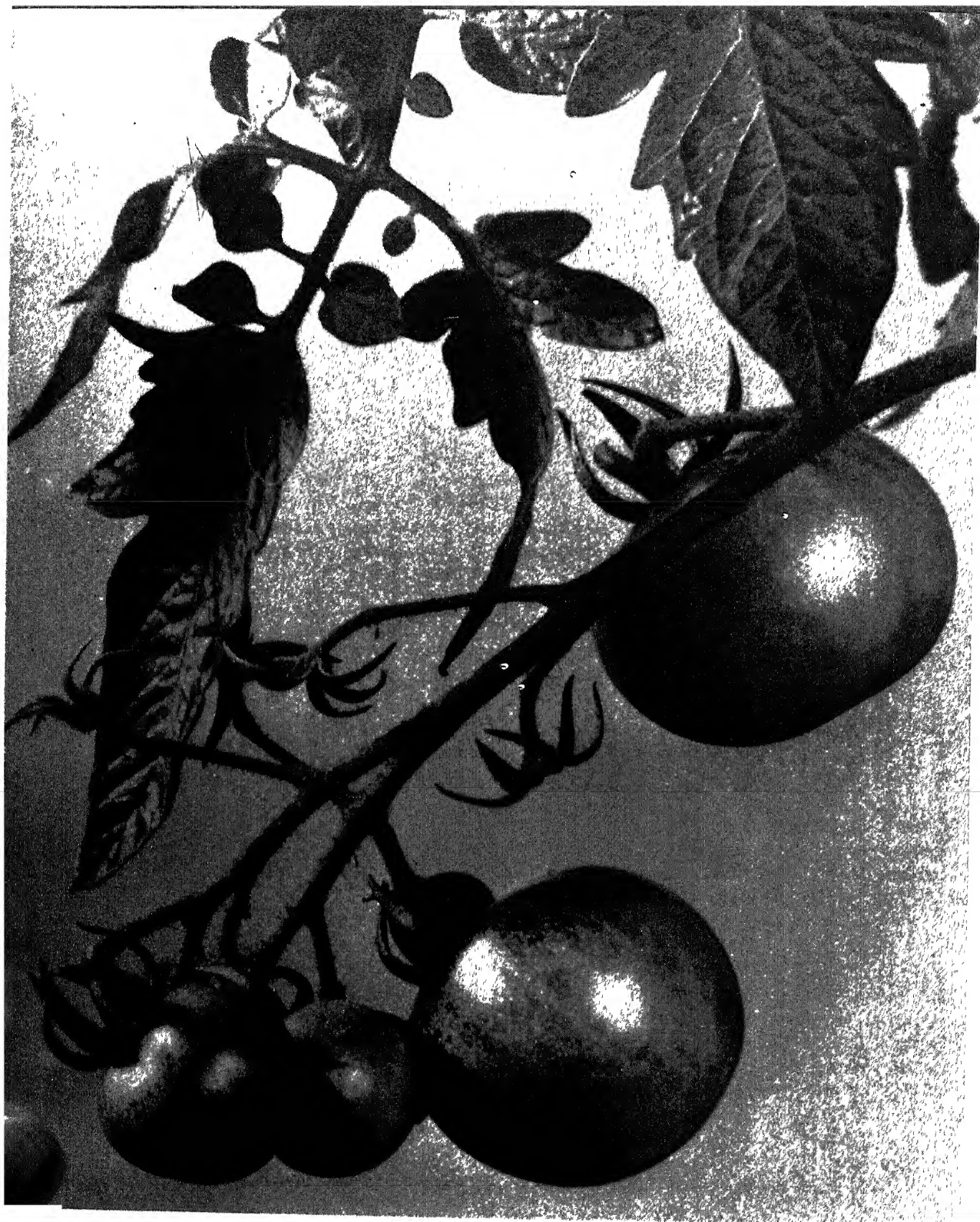
Ingredients.— $\frac{1}{2}$ tin Granose Meatless Steaks, 2 large onions, 2 eggs, seasoning, $\frac{1}{2}$ cupful bread-crumbs, salt to taste.

Method.—Chop onions, and fry them golden brown. Add minced Meatless Steaks and fry a little, turning well with a knife. Mix all ingredients together, mould into Hamburgers, fry in boiling oil or fat. Make a gravy with tomato and Granose Yex thickened a little, and serve over Hamburgers.

LENTIL AND MEATLESS STEAK ROAST

Ingredients.—2 cupfuls brown cooked lentils, $\frac{1}{2}$ tin Meatless Steaks (Granose), 1 tablespoonful Rissol-nut (Granose), 1 medium-sized onion, a little celery, 1 small cupful cooked rice, salt, herbs.

Method.—Cook lentils and rice. Mince meatless steaks and celery. Chop onion and



Tomatoes add colour, essential food values, and stimulating flavour to dietary.

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fry brown. Mix all ingredients together and place in a greased pan. Cover with greased paper and bake in the oven for thirty to forty-five minutes at Regulo 5 or 6.

MEATLESS STEAKS AND SPLIT PEA ROAST

Ingredients.—2 cupfuls split pea pulp, $\frac{1}{2}$ tin minced Meatless Steaks (Granose), 1 onion minced or fried, little chopped mint or parsley, salt.

Method.—Mix well together and bake in greased tin for thirty to forty minutes and serve with onion gravy.

CASHEW NUT ROAST

Ingredients.— $\frac{1}{2}$ lb. cashew nuts, 2 eggs, $1\frac{1}{2}$ breakfastcupfuls milk, $\frac{1}{2}$ tin Meatless Steaks, salt, seasoning, 1 large onion.

Method.—Grind cashew nuts and steaks, chop and braise onion, beat eggs into the milk, and mix all ingredients together. Set in a pan of water in the oven and bake

BEAN AND TOMATO PIE

Ingredients.—1 cupful either brown or light beans (brown preferred), $\frac{1}{2}$ lb tomatoes, 2 large potatoes, 2 onions, salt, parsley, wholemeal pastry.

Method.—Soak beans overnight. Boil for five minutes and drain. Add one pint of water to beans and cook till soft. Add potatoes cut in chunks. Chop and braise onions and make into gravy using the tomatoes. Add to beans. Chop parsley. Salt to taste. Turn into pie-dish. Cover with wholemeal crust and bake.

TOMATO FRITTERS

Ingredients.—1 cupful flour, $\frac{1}{2}$ lb. skinned and chopped tomatoes, $\frac{1}{4}$ cupful milk, 1 or 2 eggs, 1 small grated onion, salt.

Method.—Mix all together with yolks of eggs, whisk whites and fold in, and fry in boiling oil or fat.

SAVOURY MOULD

Ingredients.— $\frac{3}{4}$ large cupful of macaroni, $1\frac{1}{2}$ cupfuls milk, $\frac{1}{2}$ cupful baked bread-crumbs, 2 tablespoonfuls peanut butter, 1 small grated onion, $\frac{1}{2}$ cupful grated cheese, 1 egg, 1 tablespoonful melted margarine, salt, parsley, herbs.

Method.—Pour hot milk over bread-crumbs; soak five minutes. Cook macaroni a few minutes. Mix all well together and steam for one hour. Can be eaten hot or cold.

POTATO CUTLETS

Method.—Peel and grate three potatoes, add salt and two eggs (one will do). Beat up and drop in spoonfuls in baking dish. Cook fairly slowly to allow potatoes to cook through. Turn and cook until nice and brown.

HARICOT CREAM PIE

Ingredients.— $\frac{1}{2}$ lb. haricot beans, 1 tablespoonful margarine, 1 lb. potatoes, 1 onion, $\frac{1}{4}$ pint boiling milk, salt.

Method.—Soak beans overnight, pour off water. Cover again and cook until tender, with onion. Rub through sieve or mash very fine. Add butter or margarine and boiling milk. Cook potatoes and slice thinly. Butter a pie-dish, put in a layer of bean mixture then layer of potatoes, cover with butter paper and cook until light brown.

LAYER PIE

Method.—Grease a pie-dish and sprinkle with flour. Add a layer of thinly sliced potato. A layer of thinly sliced onion. A layer of thinly sliced tomato. A layer of thinly sliced nutmeat or finely chopped walnuts. Sprinkle with flour. Salt. Repeat until dish is full. Make a brown gravy and pour over. Bake in a slow oven.

MEATLESS STEAKS AND VEGETABLE PIE

Ingredients.—1 tin Meatless Steaks, 1 lb. potatoes, 1 large onion, 1 large carrot, celery, parsley, small parsnip.

Method.—Cut Meatless Steaks in quarters. Peel and dice potatoes, carrot, and parsnip. Cook fifteen minutes. Chop onion and celery, and fry brown; add gravy from steaks and make enough gravy to cover vegetables. Put all ingredients into a pie-dish and cover with pastry. Bake at *regulo 7*.

NUTMEAT PIES

Ingredients.— $\frac{1}{2}$ lb. Nutmeat (Granose), 1 large potato, 1 onion, celery, salt, herbs.

Method.—Cut nutmeat into dice. Boil potato and dice, fry onion and celery golden brown. Mix all together. Line pie-tins with pastry. Fill with mixture and cover with pastry and bake. Serve with brown gravy.

SCALLOPED PARSNIPS

Ingredients.—2 parsnips, bread-crumbs, grated cheese, $\frac{1}{2}$ pint of milk, 1 tablespoonful butter or margarine, 1 dessertspoonful flour or cornflour, parsley.

Method.—Cook two parsnips and cut into dice or rings. Put in buttered pie-dish and sprinkle with bread-crumbs, chopped parsley, and grated cheese. Pour over white sauce made with milk, butter, and flour. Repeat these layers, finishing with bread-crumbs and cheese sprinkled over the sauce. Dot with butter and bake till nicely browned.

SCALLOPED POTATOES

Method.—These are done in the same way. Parsley sauce can be used instead of cheese, or both can be used.

TOMATO SAVOURY

Ingredients.—1 tablespoonful margarine, 1 tablespoonful flour, salt, 2 cupfuls cooked tomatoes, 1 cupful grated cheese, $\frac{3}{4}$ cupful bread-crumbs.

Method.—Melt butter in saucepan, add the flour, blend with the juice of the tomatoes, and cook well. Add tomatoes, cheese, bread-crumbs, and salt. Serve on buttered toast.

CREAMED EGGS

Ingredients.—4 eggs, grated cheese, bread-crumbs, 1 tablespoonful flour or corn-flour, 2 tablespoonfuls butter or margarine, $\frac{1}{2}$ pint milk, salt.

Method.—Hard boil the eggs, cut them into halves, take out the yolks and mix them with two tablespoonfuls melted butter or margarine, salt, and one tablespoonful of white sauce made with milk, butter, and flour. Fill the eggs with some of the mixture. Put the rest of the mixture and the eggs into a buttered pie-dish. Sprinkle with grated cheese. Cover with white sauce. Sprinkle with bread-crumbs. Dot with butter and cook till browned.

SWEETS**BAKED LEMON PUDDING**

Ingredients.—1 small cupful sugar, 1 tablespoonful margarine, 2 tablespoonfuls flour, juice and grated rind of lemon, 1 cupful milk, 2 eggs.

Method.—Cream butter and sugar, add flour, lemon juice and rind, the milk, and well beaten egg yolks. Beat all well together. Beat the whites stiffly, fold into the mixture, pour into a pie-dish, set in a pan of water in the oven and bake slowly.

BREAD-CRUMB CUSTARD

Ingredients.—1 cupful bread-crumbs, $\frac{1}{2}$ tablespoonful sugar, 2 tablespoonfuls coconut, 2 eggs, $1\frac{1}{2}$ pints milk, jam, vanilla.

Method.—Place bread-crumbs, coconut, and sugar in a well greased pie-dish. Add the milk heated, the well-beaten egg yolks, and a little vanilla. Set in a pan of water in the oven, and bake slowly. When set, remove from oven and spread with jam and stiffly beaten egg whites, to which one tablespoonful of castor sugar has been added. Return to oven till set, and a pale fawn colour.

SPANISH CREAM

Ingredients.—2 cupfuls milk, 2 dessertspoonfuls gelatine, 2 eggs, 2 dessertspoonfuls sugar, vanilla essence.

Method.—Beat yolks of eggs and sugar together. Then place milk and galatine in a saucepan, adding the yolks of eggs and sugar. Place on the gas and stir till nearly boiling. Add essence, remove and allow to cool; then add beaten whites of eggs, folding all thoroughly. Pour mixture into a mould to set.



Granose
Nut Cream

CASHEW CREAM

A tasty, nourishing sandwich spread for lunches, picnics, and parties. Delicious when creamed for either dessert or salad dressings. Rich in fats and protein—the energy and muscle-building food constituents.

RECIPES—Sweet Sandwiches or Fillings. Mix Cashew Cream with honey and spread on thinly buttered bread or use as filling for layer cakes. A popular method is to spread this cream on thinly buttered bread and then top with raspberry or strawberry jam.

Desserts and Salads. Mix well with milk or water and use as cream or salad dressing.

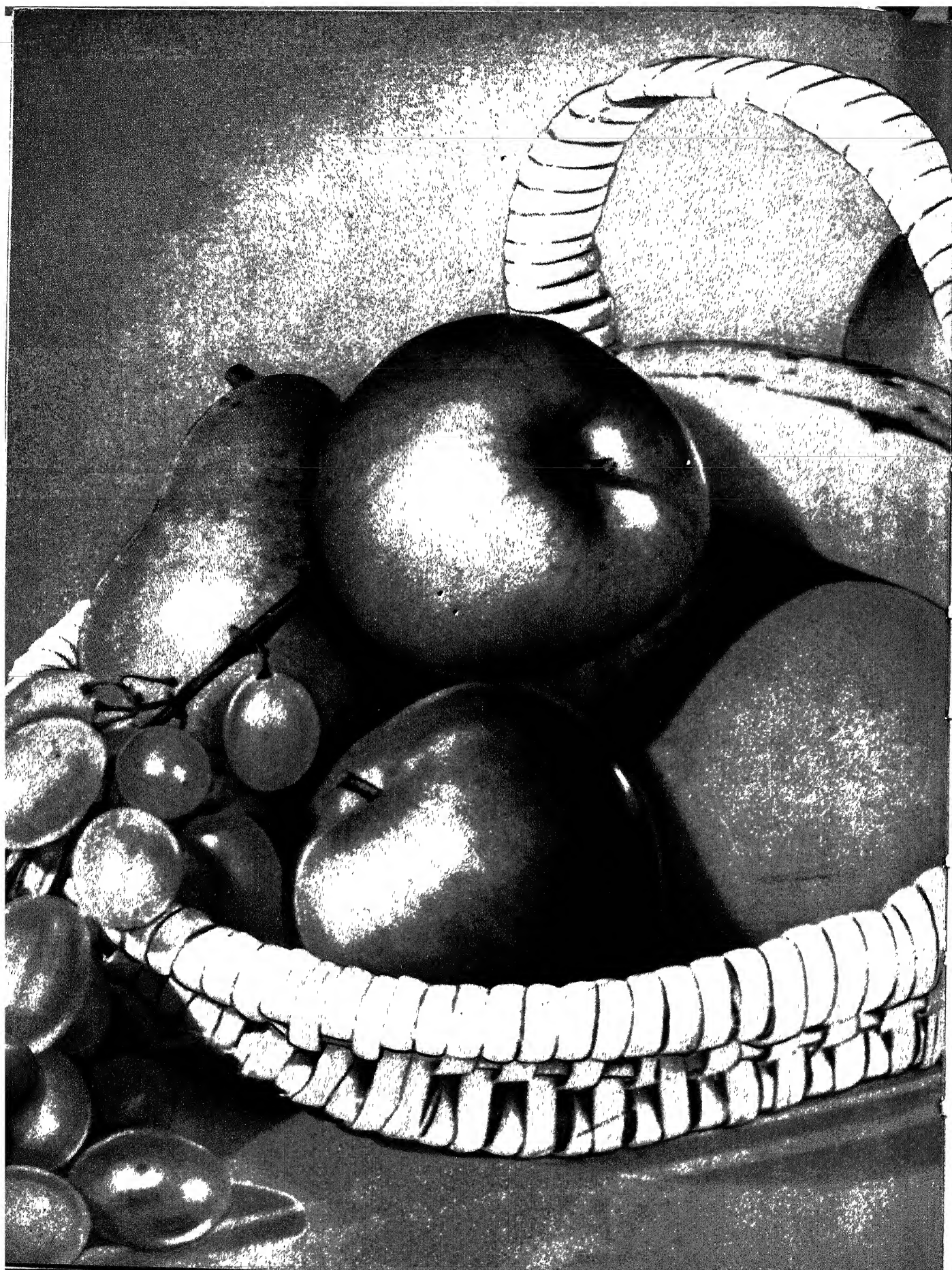


FREE

*Recipe
Book*

Send for it today! No housewife should be without the Granose booklet "Tasty Ways of Serving Granose Foods" which is available on request. Over 80 recipes, from soups to salad dressings are given in this booklet. Granose foods are in themselves delicious and with these recipes it is possible to serve a variety of tasty, appetising dishes throughout the year.

N.B.—Granose nut and cereal products are made by: Granose Foods Ltd., Watford, Herts.



BAKED COCONUT PUDDING

Ingredients.—1 pint milk, 2 oz. flour, 1 oz. butter or margarine, 1 lemon, 2 oz. desiccated coconut, 2 tablespoonfuls sugar, 2 eggs.

Method.—Bring milk and butter to the boil, blend flour quite smooth with a little milk, thicken the milk with it, then add sugar and grated lemon rind. Remove from gas and add yolks of eggs well beaten, and coconut. Pour into a dish and bake till set. Beat whites of eggs with little sugar, pile on top, return to the oven till meringue is set and fawn colour.

RICE CUSTARD

Ingredients.—2 tablespoonfuls rice, 1½ pints milk, 2 eggs, 1 tablespoonful sugar, vanilla.

Method.—Boil rice in saucepan with cup of water till it is cooked. Drain water off, if any, then put rice in pie-dish. Add heated milk, sugar, and well beaten eggs. Set in a pan of water in the oven and bake till set.

BAKED BLACKBERRY AND APPLE ROLL

Ingredients.—2 cupfuls blackberries, 2 large apples, 1 cupful sugar, margarine, flour, 1 cupful boiling water.

Method.—Make a short pastry with flour, margarine, and little sugar. Roll out and place berries and apple onto it, with three-quarters of the sugar sprinkled over. Fold over, and place in a baking dish. Melt margarine and remainder of sugar in boiling water and pour over the roll. Bake in a hot oven till brown.

PINEAPPLE TART

Ingredients.—1 tin pineapple chunks, 1 small tin pineapple juice, 2 eggs, 2 dessertspoonfuls cornflour, 2 dessertspoonfuls castor sugar.

Method.—Drain the juice from the pineapple, and pour all juice into a pan and heat. Thicken with blended cornflour. Remove from the gas, and beat in the yolks of the well-beaten eggs; return to the gas, but do not boil. Add the pineapple chunks. Line a tart plate with thin short pastry and bake. Pour in the pineapple mixture, whip the whites of the eggs with the sugar and pile on top. Place in the oven to set.

LEMON TRIFLE

Method.—Pile up sliced sponge cake in a dish. Make a lemon cream by boiling together half pint of water, quarter of a pound of sugar, grated rind of lemon, beaten yolks of two eggs, one ounce of butter or margarine, one dessertspoonful of cornflour dissolved in the juice of two lemons. Bring all to the boil and pour over the cake. Make a meringue with white of eggs and little sugar stiffly beaten together. Place in the oven till set, and a fawn colour.

BANANAS IN LEMON SAUCE

Method.—Slice three large bananas into a glass dish and cover with lemon sauce

made as follows: three tablespoonfuls lemon juice, one teaspoonful grated rind, one egg, three-quarters cupful sugar, one tablespoonful flour, one and a half cupfuls hot water. Boil till thick.

LEMON PUDDING

Ingredients.— $1\frac{1}{2}$ lemons, 2 eggs, $\frac{3}{4}$ cupful sugar, 3 cupfuls boiling water, 3 tablespoonfuls cornflour.

Method.—Mix cornflour, yolks of eggs, grated rind and juice of lemon, and sugar well together, then add boiling water and bring to the boil, pour into buttered pie-dish. Make a meringue of whites of eggs and quarter of a cupful of castor sugar. Bake in a slow oven for twenty minutes.

JELLIED APPLES

Method.—Cut three medium-sized apples in quarters, and cook in three-quarters of a pint of water. When cooked, drain and dissolve one packet of jelly crystals in the water. When cool, add the cooked apple quarters. Stand till set. Serve with whipped cream and a sprinkle of grated nuts. Any other fruit may be used in the same way.

FRUIT AND NUT BLANCMANGE

Ingredients.— $\frac{1}{2}$ cupful chopped walnuts, $\frac{1}{2}$ cupful chopped dates, 2 tablespoonfuls sugar, 2 tablespoonfuls cornflour, 1 pint milk.

Method.—Blend cornflour with a little of the milk. Put remainder on to heat. When nearly boiling, stir in blended cornflour and boil for three minutes. Add sugar and flavouring. Mix in the chopped nuts and dates. Pour into a wetted mould to set. Serve with whipped cream and garnish with finely sliced fruit or nuts.

APPLE PUDDING

Ingredients.—3 medium-sized apples finely sliced, 2 eggs, $\frac{1}{2}$ pint milk, 1 tablespoonful cornflour, cinnamon, butter, honey, or sugar.

Method.—Thicken milk with cornflour, and stir in the yolks of the eggs well beaten. Place a layer of bread-crumbs with dabs of butter in a pie-dish, then a layer of apples sprinkled with the cinnamon, then the cornflour mixture with a little honey. Fill the dish in this way, finishing with the cornflour mixture. Beat the egg whites very stiff, and place on the top. Bake in a moderate oven for about fifteen to twenty minutes.

COCONUT DROPS

Ingredients.— $\frac{3}{4}$ cupful soya bean flour, 1 cupful of coconut, $\frac{1}{4}$ cupful of honey, $\frac{1}{4}$ cupful of butter or margarine, vanilla to flavour.

Method.—Mix the soya bean flour with one cupful of coconut. Add the honey mixed with a little hot water and butter. Add vanilla. Mix lightly and drop with a spoon onto a greased oven shelf or dish. Bake for about twenty-five minutes.



Studio Lisa

The health promoting diet will include a good proportion of fresh fruit.

FRUIT FINGERS

Ingredients.—Short pastry, 2 cupfuls mixed dried fruit such as currants, sultanas, seedless raisins, or a little chopped peel, 1 cupful water, 1 dessertspoonful cornflour, $\frac{1}{2}$ cupful of chopped nuts.

Method.—Mix the cornflour to a thin smooth paste with some of the water. Put the rest into a saucepan with the fruit. When boiling, stir in the cornflour, and cook a few minutes longer. Cook thoroughly before using. Then stir in half a cupful of chopped nuts. Divide the pastry into two pieces. Roll out and cover a flat dish. Cover with the fruit and grate over a little nutmeg or cinnamon. Roll out the other piece of pastry, and cover. Glaze with white of egg or milk, and bake in a hot oven. Serve with cream if desired.

SANDWICHES**CELERY FOR SANDWICHES**

Method.—Fresh wholemeal bread, thinly cut and buttered. Use only the very tender stalks of celery, leaving the leaves on. Place one or two stalks on each slice of bread and butter, sprinkle with salt, and roll up.

ASPARAGUS ROLLS

Method.—Fresh wholemeal bread, sliced and buttered. Place on each slice of bread and butter one or two asparagus stalks. Roll up and toast.

MOCK SALMON (FOR SANDWICHES)

Ingredients.—1 lb. peeled tomatoes, 2 eggs, salt, onion.

Method.—Cook tomatoes in a little fat, add eggs well beaten, fried onion, and salt. Stir frequently till set. Serve on toast or when cold as filling for sandwiches.

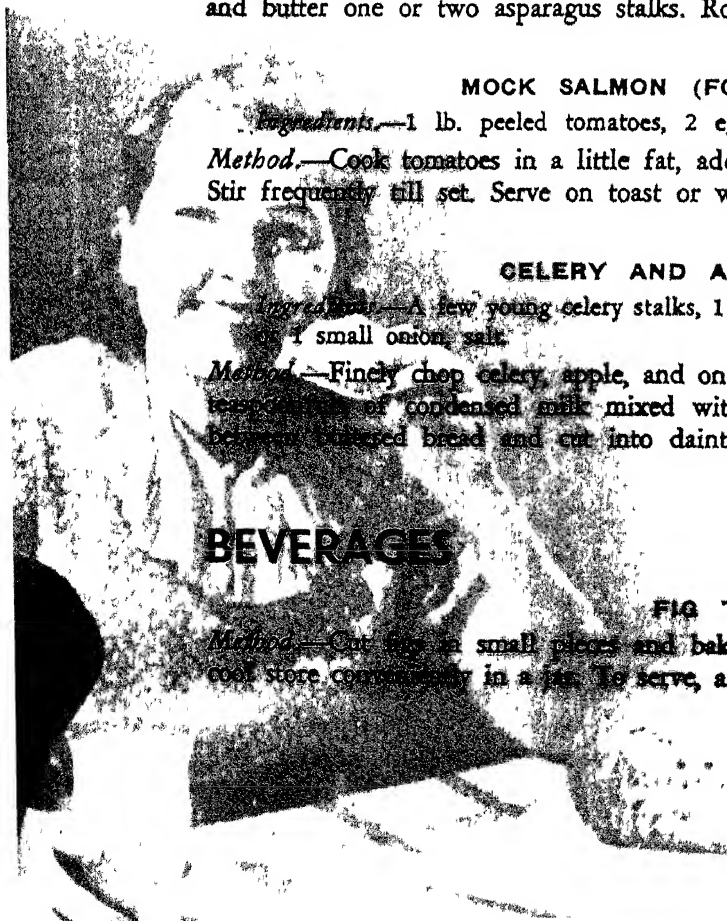
CELERY AND APPLE FILLING

Ingredients.—A few young celery stalks, 1 medium-sized sweet apple, a few chives or 1 small onion, salt.

Method.—Finely chop celery, apple, and onion or chives, and mix together. Add two teaspoonfuls of condensed milk mixed with the juice of one small lemon. Spread between buttered bread and cut into dainty sandwiches.

BEVERAGES**FIG TEA**

Method.—Cut figs in small pieces and bake in oven until very dark brown. When cool store conveniently in a jar. To serve, allow about a quarter of a fig to each cup.





A flavourful cup of "Granose" Swiss-Cup.

Place figs in a saucepan, add water and bring to boil. Strain liquid into cup and add milk and sugar to taste.

WHEAT COFFEE

Ingredients.—4 cupfuls of whole clean wheat, 2 tablespoonfuls treacle.

Method.—Bake the wheat with the treacle in the oven until a golden brown, turning often to prevent burning. Remove from oven. When cold grind through the mincer. Allow one teaspoonful of ground wheat to each cup of boiling water. Let stand for few minutes. Strain into cups.

BRAN COFFEE

Method.—Take four cups of bran and one cup of treacle and bake in a slow oven till brown, stirring frequently to prevent burning (very important). When cold store in a tin with a tight lid. Allowing one teaspoonful to each cup of boiling water, let stand in pot for a few minutes before serving.



Basic Food Nutrients

CARBOHYDRATES—for Energy.

PROTEINS—for Body Growth and Repair.

FATS—for Body Fat and Energy.

MINERALS—for regulating Body Processes, Growth, and Repairs.

VITAMINS—for Body Regulation.

(N.B.—Relation of amounts used in these tables is as follows: 1,000 milligrams equal 1 gram. 28.35 grams equal 1 ounce. 1 gram carbohydrate equals 4 Calories; of fat, equals 9 Calories; of protein, equals 4 Calories.)

PROTEINS for Growth

What It Does

Promotes growth and repair of the body. Muscular tissue is composed of protein. Protein is present in all living matter.

Protein in excess of that needed for growth and repair makes energy.

Sources

ANIMAL.—Milk, cheese, eggs.

VEGETABLE.—Peas, beans, nuts, cereals.

(Grams per ounce)

Cheese	7.1
Eggs	3.5
Milk9

Daily Requirements

One-sixth of our food should be protein.

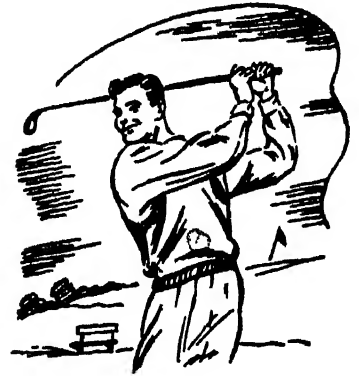
(One gram of protein equals 4 Calories. See table of Calorie requirements under Carbohydrates.)



PROTEINS (Continued)

What It Does	Sources
Protein is absolutely indispensable.	Soya flour 11.5
	Peanuts 8
	Nuts (av.) 6
	Brown flour 3.4
	Oatmeal 3.4
	Beans 1.7
	Peas 1.6
	Rice 2
	Barley 2

CARBOHYDRATES for Energy



What It Does	Sources (Grams per ounce)
Provides energy.	Rice 22
May be stored as fat.	Barley 21
	Oatmeal 18.6
	Raisins, dates, currants ... 16
	Wheat 14
	Brown bread 14
	Bananas 5
	Potatoes 4.6
	Beans 4.5
	Peas 2.7
	Beetroot 2.3
	Oranges 2.2
	Cabbage 2.2
	Lettuce 1

Daily Requirements

Two-thirds of all dry foods eaten should be carbohydrates. (Total Calories needed, two-thirds of which should be carbohydrate. *One gram carbohydrate equals 4 Calories.*)

MEN

Sedentary	2,500
Active	3,000
Very active	4,500

WOMEN

Sedentary	2,100
Active	2,500
Very active	3,000
Expectant mothers	2,500
Nursing mothers	3,000

CHILDREN

1-3	1,200
4-6	1,600
7-9	2,000
10-12	2,500
13-15	2,600
16-20 Girls	3,200
16-20 Boys	3,800

FATS for Energy

What It Does

Provides energy and fat for the body.



Sources

(Grams per ounce)

Olive Oil	28.35
Cottonseed Oil	28.35
Margarine	24.2
Butter	23.4
Nuts	
Brazils	17.4
Almonds	15.2
Peanuts	13.9
Coco-nuts	10.2
Cheese	9.8
Eggs	3.3
Milk	1

Daily Requirements

One-sixth of our food should be fat.

(One gram of fat equals 9 Calories. See table of Calorie requirements under Carbohydrates.)



VITAMIN A for Clear Sight

What It Does

Maintains health of epithelial tissues covering body surfaces and lining internal passages. These tissues are the body's primary defence against infection.

Forms tooth enamel.

Gives clear skin

Gives sparkling eyes.

Promotes long life.

Effect of Deficiency

Lessens disease resistance.

Lowers general health.

Weakens sight, making it difficult to see in the dark, and in time, even leading to blindness.

Lessens fertility.

Sources

All highly coloured green, yellow, orange, or red vegetables or fruit are rich sources.

(International Units per ounce)

Carrots	5,198
Spinach	3,686
Watercress	1,418
Tomatoes	851
Prunes	709
Cabbage	255
Peas	142
Cod Liver Oil	28,400
Butter	1,134
Margarine	500
Cheese	369
Eggs	284

Daily Requirements

(International Units)

Adults 6,000

Nursing mothers 8,000

Small children ... 4,500

N.B.—The liver stores excess amounts of vitamin A.



VITAMIN B₁ (Thiamine)

— for Defeating Tiredness



What It Does

Enables body cells to take up oxygen, and so convert carbohydrates in food to warmth and energy.



Effect of Deficiency

Mental and physical sluggishness.
Poor appetite.
Digestive disturbances.
Easy tiredness.
Headache.
Faulty elimination
Dizziness.
Rapid heartbeat.
Nervousness.
Lack of courage.
Tender leg muscles.

Sources

(Milligrams per ounce)

Yeast 2.75
Peanuts26
Oatmeal13
Peas12
Wholemeal bread .07
Potatoes03
Cabbage02
Milk01

(There is no need to measure the amounts. Eat plenty of source foods. But avoid refined foods like white flour products and white sugar products. They actually neutralize Vitamin B in other foods. Use the water vegetables have been cooked in.)

Daily Requirements

(Milligrams)

Active male 2.3
Active female 1.8
Semi-active male ... 1.8
Semi-active female 1.2
Nursing mothers ... 2.5

VITAMIN B₂ (Riboflavin)

— for Defeating Senility



What It Does

Facilitates body growth.

Vital for oxidative process of body cells whereby energy is released.

Indispensable for metabolism.

Effect of Deficiency

Loss of vigour.
Early senility.
Checked growth.
Cracks and sores in skin at mouth corners.

Sources

(Milligrams per ounce)

Yeast 1.54
Cheese14
Eggs11
Milk04
Wholemeal bread .03
Potatoes02

(Other sources are leafy green vegetables and whole cereals. Save and use vegetable cooking water.)

Daily Requirements

(Milligrams)

Active men 2.0
Sedentary men 1.6
Active women 1.6
Sedentary women 1.5
Nursing mothers 3.0
Children :
1-39
4-6 1.2
7-9 1.5
10-12 1.8
13-15 2.0
16-20 2.5

VITAMIN C (Ascorbic Acid)

—for Healthy Tissues



What It Does	Effect of Deficiency	Sources (Milligrams per ounce)	Daily Requirements (Milligrams)
Preserves youth, good looks, and sound physique.	Worst effect is scurvy.	All citrus fruits such as oranges, lemons, grapefruit; leafy green salads, and vegetables.	Women 70
Gives firmness and elasticity to body cells, by replenishing inter-cellular substances.	Lowered vitality.	Rose hips 700	Men 75
Acts on body like pectin in jam.	Inertia.	Blackcurrants 57	Children:
Helps to keep children immune from infectious diseases: rheumatic fever, diphtheria, tuberculosis.	Sagging flesh.	Brussels sprouts ... 28	1-3 35
Speeds healing of wounds	Sagging muscles.	Cauliflower 20	4-6 50
Enables body to form scar tissue	Irritability.	Cabbage 20	7-9 60
	Restlessness.	Watercress 17	10-12 75
	Poor concentrative powers.	Oranges 16	13-15 80
	Bleeding gums and pyorrhoea.	Lemons 14	16-20 100
	(N.B.—There is much vitamin C deficiency today.)	Grapefruit 11	
		Potatoes—New 9	
		" —Old 6	
		" —Very old 3	
		Carrots 4	
		Lettuce 4	
		Onions 3	
		Apples, pears 1	
		(N.B.—Save and use vegetable cooking water.)	

VITAMIN D (Sunshine Vitamin)

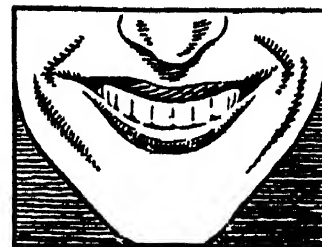
—for Building Body Cells



What It Does	Effect of Deficiency	Sources (International Units per ounce)	Daily Requirements (International Units)
Builds and repairs body cells.	Weak bony structure.	Sunshine (the main source.)	Adults 800-1,000
Enables body to use calcium, phosphorus, and other materials.	Rickets.	Cod liver oil 5,670	Children 400
Stimulates fertility.	Colds.	Butter, Eggs 17	(Reasonable exposure to sun regularly in summer will provide enough for present needs, and sufficient store for the winter.)
	Respiratory infections.	Cheese 4	
	Tuberculosis.	Milk 3	
		Margarine 90	

FOOD MINERALS — Calcium

—for Healthy Bones and Teeth



Essential for	Effect of Deficiency	Sources (Milligrams per ounce)	Daily Requirements (Milligrams)
Good bones.	Decay of teeth.	Milk (skimmed) ... 347	Adults 800
Sound teeth.	Rickets.	Cheese 230	Expectant mothers 2,000
Blood plasma.	Anæmia.	Watercress 63	Nursing mothers 3,000
Coagulation of blood.	Palpitation.	Milk (full cream) 34	Children :
Strong nerves.	Cramps.	Bread 30	1-9 1,000
Muscle elasticity.	(N.B.—Calcium deficiency is common)	Cabbage 18	10-12 1,200
		Turnips 17	13-20 1,400
		Eggs 17	
		Cauliflower 14	
		Potatoes 2	

FOOD MINERALS — Phosphorus

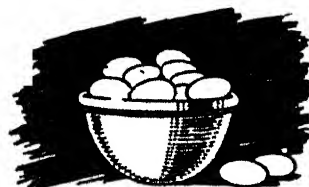
—for Assisting Calcium



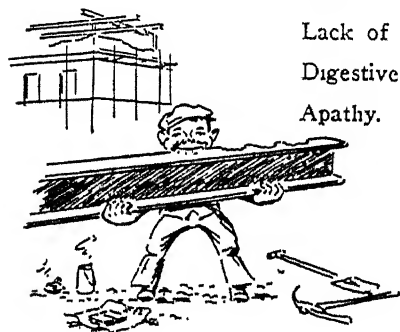
Essential for	Effect of Deficiency	Sources (Milligrams per ounce)	Daily Requirements
Strong bones and teeth.	Normal diet is unlikely to be deficient.	Cheese 155	Adults 900
Enabling body to use calcium.		Oatmeal 108	Children 1,200
Building body cells.		Eggs 62	
Brain, nervous system, and endocrine glands.		Milk 27	
		Fruit 5	
		Bread 28	
		(Other rich sources are: soya beans, brown rice, peanuts, pulses.)	

FOOD MINERALS — Iron

— for Red Blood Cells



Essential for	Effect of Deficiency
Manufacture of red blood cells or corpuscles.	Anæmia.
	Lassitude.
	Pallor
	Lack of vitality.
	Digestive disorders.
	Apathy.



Sources (Milligrams per ounce)

Eggs	9
Beans	7
Wholemeal bread ...	6
Raisins	5
Watercress	5
Cabbage	3
Potatoes	3

(Black molasses is a rich source, also celery, onions, carrots, peanuts, bananas, parsley.)

Daily Requirements (Milligrams)

Adults	12
Mothers	15
Children :	
1-3	6
4-6	7
7-9	8
10-12	12
13-20	15

FOOD MINERALS — Sodium

— for All Body Fluids



Essential for	Effect of Deficiency
All body fluids which are about .9 per cent of salt.	Muscular cramps.
To replenish loss via urine and sweat.	



Sources

(Milligrams per ounce)

Apart from actual salt, the following foods :	
Cornflakes	298
Cheese	174
Bread	112
Butter	63
Eggs	38
Milk	14

(N.B.—Salt is present in most foods.)

Daily Requirements (Milligrams)

Adults	4,000
More is needed in such hot climates as Africa, and during hot weather, for this amount can be lost by sweat in as little as three hours.	

FOOD MINERALS — Potassium

— for Healthy Body Cells



Essential for
Healthy body cells. As sodium or salt is needed for body fluids, so potassium is needed for cells.

Effect of Deficiency
Unhealthy body cells. Deficiency is unlikely in Europe, but possible in Africa where diets consist largely of sago and purified starches such as arrowroot.

Sources
(Milligrams per ounce)

Milk	46
Eggs	39
Cheese	33
Cornflakes	32

Daily Requirements
(Milligrams)

Adults	3,000
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Essentials for a BALANCED DIET



Foods Rich in Protein

Cheese, all kinds.
Eggs.
Milk.
Nuts.
Pulses.
Whole cereal foods.
Whole grains.

Foods Rich in Carbohydrates

Whole grains.
Whole cereal foods.
Wholemeal breads.
Brown sugar.
Honey.
Dried fruits.
Ripe fruits.
Potatoes.
Root vegetables.

Foods Rich in Fats

Butter.
Cream.
Milk.
Olives.
Olive oil.
Nuts.
Cheeses.
Egg yolk
Peanuts.
Vegetable oils.
Vegetable fats.

Foods Rich in Regulatory Substances

Whole cereal foods.
Whole grains
Milk
Fresh fruits.
Dried fruits
Fresh vegetables.
Salad vegetables.
Leafy greens.
Natural foods



First Aid Measures

POISONING



CALL a doctor immediately.

Try to find out what kind of poison has been taken, as different poisons call for different remedies.

If phenol or any strong and corrosive acid or alkali has been taken, do not try to make the patient vomit, do not use a stomach tube, and, after suitable remedies have been given, give a stimulant such as strong coffee or a teaspoonful of aromatic spirits of ammonia in a glass of water.

For *phenol*, or *carbolic acid*, poisoning, give Epsom or Glauber's salts. Follow with soothing drinks of milk or of milk and eggs beaten up together. Beaten white of egg is especially recommended. Alcohol should not be given internally for this poisoning, since it hastens the absorption from the stomach and small intestine.

For *sulphuric*, *nitric*, *hydrochloric*, or other strong acid poisoning, give milk and white of egg freely, and have the patient slowly sip a solution of baking soda in water. If the soda is taken too rapidly, dangerous gas pressure may be set up in the stomach.

For poisoning with *strong alkalis*, give milk, white of egg, vinegar, lemon juice, and olive oil or any oil used for cooking.

For *lysol poisoning*, give Epsom's or Glauber's salts, milk, and white of egg.

For *iodine poisoning*, give large quantities of starch in water, also milk and white of egg.

For any type of irritant poison, arsenic, bichloride of mercury, strychnine, etc., or any sedative poison such as opium, morphine, laudanum, acetanilide, etc., empty the stomach by emetic, stomach tube, or both. A good emetic is four teaspoonfuls of common salt in one pint of lukewarm water.

If the kind of poison cannot be determined, give white of eggs, milk, and strong coffee freely. Milk is useful in case of almost any poison, and can do no harm.

Keep the patient warm and well covered, to prevent shock.

Have all poison containers plainly marked, and kept out of reach of children. To mark bottles, push pins or needles through the sides of the cork or paste rough sandpaper on the cork or on the bottle. Read all labels at least twice before giving a dose of medicine.

FAINTING

Place the patient flat on his back with the head slightly lower than the feet.

Give him all the *fresh air* possible.

If he can swallow, give him a *stimulant*, such as half a teaspoonful of aromatic spirits of ammonia in half a glass of water, pouring a few drops at a time into his mouth.

Smelling salts, aromatic ammonia inhaled from a handkerchief, fanning, bathing the face with cold water, or gently slapping it, may be used to stimulate the circulation.



BURNS



If a person's clothing is on fire, extinguish the flames by rolling him in a blanket or rug. Laying the victim on the floor tends to prevent the flames from reaching the head and thus being inhaled.

If the burn is either extensive or deep, send for a doctor immediately.

For superficial burns, apply picric acid, tannic acid, or baking soda as directed below. Any soothing or protective grease, such as vaseline or cold cream, can be substituted.

For deep burns, put the patient to bed, removing clothing carefully from burned areas. If it sticks to the skin cut out the adherent portion, and remove the rest so that the patient can be undressed. Do not tear the skin or superficial tissues. Adherent clothing can be soaked loose with baking soda solution or olive oil or salad oil. Keep the patient warm.

After the accident, the greatest danger is infection. Cover the burns with sterile gauze, either wet or greased, to keep out dirt and to keep the dressing from sticking to the flesh.

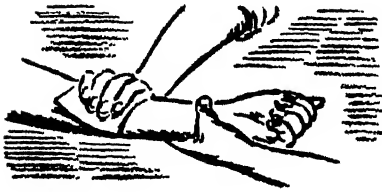
BITES AND STINGS OF INSECTS

If stung or bitten by a spider, centipede, wasp, bee, hornet, or other insect, first remove the sting from the wound, if the sting has been left there.

Apply ammonia, vinegar, camphor, lemon juice, oil of citronella, or a strong solution of soda.



BLEEDING OR HÆMORRHAGE



Plug the wound with strips of sterilized gauze and apply a pad of the gauze over the wound, with a firm bandage to hold the pad in place. If sterilized gauze is not at hand, use the cleanest linen available.

If bleeding cannot be controlled in this way, try to stop the flow of blood by pressing hard with your hand over the blood-vessel between the wound and the heart. If you cannot stop the bleeding by this kind of pressure, apply a tourniquet to blood pressure point, as in upper arm or upper leg, taking care to release pressure *before* twenty minutes.

In any case of severe hæmorrhage, call a doctor if possible. He may need to use some injections that will make the blood clot more rapidly; or he may need to tie a suture around the blood-vessel to stop the bleeding.

STAB WOUNDS CUTS AND TEARS

Wash your own hands with soap and water, clean your fingernails, and wash your hands again.

Paint around the victim's wound with a seven per cent solution of iodine.

Wash out the wound with water that has been boiled. In the absence of sterilized water and gauze, use the cleanest water possible and a clean handkerchief. Wipe out all dirt and blood clots with wet swabs of sterilized cotton or gauze.

Bring the edges of the wound together with a long narrow strip of adhesive plaster, applied crosswise, leaving a space on each side of the plaster for drainage.

Cover with several layers of gauze, and apply a bandage.



VIOLENT OR PERSISTENT VOMITING

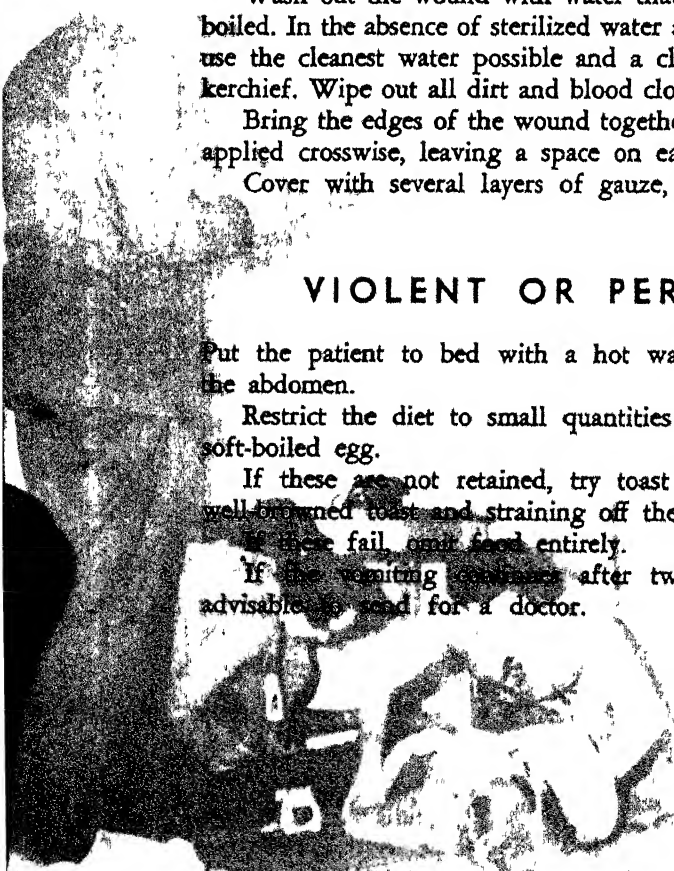
Put the patient to bed with a hot water bottle to the feet and cold compress to the abdomen.

Restrict the diet to small quantities of clear broth, thin gruel, ice-cold milk, or soft-boiled egg.

If these are not retained, try toast water, made by pouring boiling water over well-browned toast and straining off the fluid.

If these fail, omit food entirely.

If the vomiting continues after twenty-four hours of rest without food, it is advisable to send for a doctor.



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NOSEBLEED

Have the patient sit upright. Apply cold compresses or ice to the nose and face for a few minutes.

If bleeding continues, pulverize a piece of alum or tannic acid, and let him sniff a very small amount of it up the nose.

Gently packing the nose with cotton wool may be effective. Keep the patient as quiet as possible.

If all these measures fail, medical help must be summoned.



HICCUP

Have the patient sip a little cold water, or swallow a bit of ice, or hold the breath for a few minutes.

If these measures fail, he should lie down on his back, draw up the knees enough to relax the abdominal walls, and have somebody press the fingers into his muscles just below the ribs, pressing inward and upward.

If the symptoms persist, give an emetic of two teaspoonfuls of salt to one pint of tepid water.

For a child, fomentations over the stomach will usually stop the attack.

For an infant, change the position, and use gentle pressure or massage over the stomach.

FOREIGN BODIES IN THE SKIN

Wash your hands thoroughly and cleanse the skin of the sufferer.

Apply a seven per cent solution of iodine to the wound and its vicinity.

Pass a needle through the flame of a match or other fire and then insert it under the end of the splinter. Grasp the splinter between finger and needle and pull it out. For a large splinter, use a sterilized knife blade.

If a fish-hook enters the flesh, push it forward and out, so that the barb can be filed or cut off, when the shank is easily removed.

Wash the wound, apply a seven per cent solution of iodine, and bandage the part.

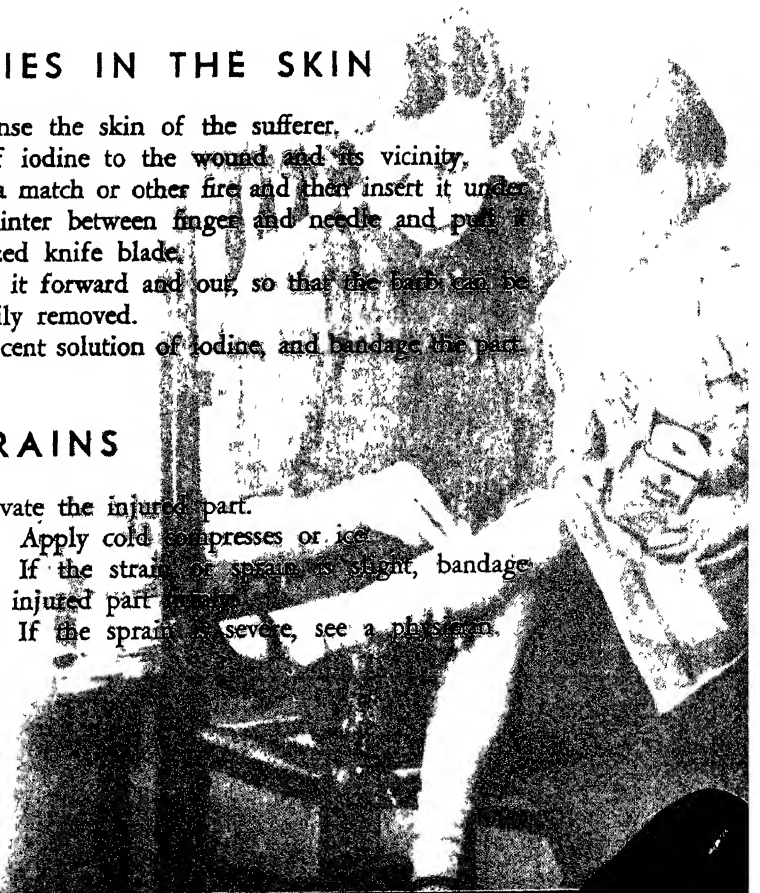
SPRAINS

Elevate the injured part.

Apply cold compresses or ice.

If the strain or sprain is slight, bandage the injured part.

If the sprain is severe, see a physician.



COLIC

Give a hot soapsuds enema.

Apply fomentations or a hot-water bottle to the abdomen.

For an adult or a child (not a baby), give an emetic of two teaspoonfuls of salt to one pint of water. Have the patient take the whole amount.



FOOD POISONING

Have the patient drink a quart of tepid water to which four teaspoonfuls of salt or two of baking soda have been added. The aim is to produce vomiting and wash out the stomach.

After emptying the stomach, give a tablespoonful of castor oil.

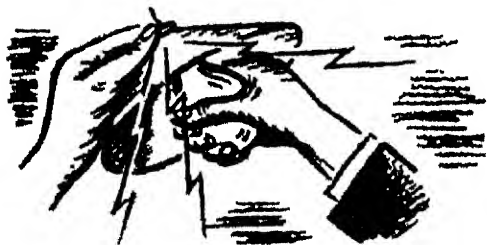
Give a warm soapsuds enema.

Keep the patient quiet in bed.

Omit food for twenty-four hours after the symptoms have been relieved.

If the symptoms are severe, send for a doctor.

ELECTRIC SHOCK



Insulate yourself. To do this, wear rubber boots or stand on a rubber mat. If these articles are lacking, stand on perfectly dry paper, a dry board, or a book. Wear dry gloves, and use perfectly dry sticks to raise the wire, so that it can be lifted without touching it with your hands. Then release the victim.

Loosen the patient's clothing. Give him plenty of fresh air. Open his mouth and pull his tongue forward. If he is not breathing, perform artificial respiration. After he begins to breathe, be sure to keep him warmly covered to prevent chilling.

PARALYSIS, OR APOPLEXY (Known also as Stroke)

Send for a physician at once.

Place the patient quietly in bed, laying him on one side with his head slightly raised.

Loosen his clothing, especially any about the neck.

Throw open all the windows in the room.

Apply an ice cap or cold compress to his head, and hot-water bottles to his feet.

Do not try to make him swallow anything.

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